

Students' Awareness Programme

with

Exhibition of Books for Modern Students,
on the subject of "Value Education for
Life Building and Successful Living"

Mohan Lal Agrawal

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This book is meant for free distribution amongst our dear modern students with an earnest and fervent prayer to them to kindly study this book earnestly and meticulously and utilise the knowledge contained therein well in their student life and youth period sincerely and diligently. Thereby, it is firmly believed, they will derive immense benefits for themselves.

They are also earnestly and fervently requested to kindly bring this book to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this book are humbly and earnestly invited in the following address:-

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PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect
towards the right path.

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,
Lead us from darkness unto Light,
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the
Collyrium-stick of Knowledge, the eyes of him who
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।

सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥

ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher
and the taught). May He cause us both to enjoy the bliss of
Mukti (liberation). May we both exert to find out the true
meaning of the scriptures. May our studies be fruitful.
May we never quarrel with each other.

Be good. Do good. — Swami Sivananda

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asupiciousness be unto all,
May peace be unto all,
May fullness be unto all,
May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ॥

May all be happy,
May all be free from disabilities,
May all behold what is auspiciousness,
May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.
From That (Brahman) Full, this (Universe) Full has come.
When this (Universe) full is taken from That (Brahman) full,
It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !
Peace be to the North ! Peace be to the South !
Peace be above ! Peace be below !
Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

Be good. Do good. — Swami Sivananda

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Soft copy of this Book

Our modern students can study the soft copy of this book "Students' Awareness Programme" in the **Internet Archive**. It can be opened by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search> (this book will be displayed).

Publisher's Note

Life-building, character-building, and man-making education, known as value education in the modern time, based on our nation's lofty ideals according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, which was there in the learning centres, called "*Gurukulas* and *Rishikulas*", in ancient India, is not being imparted to our students in the modern schools, colleges and universities of our country. Our modern students, who are deprived of the same, need the said education most intensely and immediately.

In the above situation, and with profound pleasure, we publish and present this book "Students Awareness Programme, with Exhibition of Books for Modern Students, on a newly designed subject of "Value Education for Life Building and Successful Living", containing some valuable and beneficial introductory write-ups on this subject, in the hands of our modern students, for their study and benefits.

We firmly believe and greatly hope that the write-ups of this book can lead, inspire and encourage our modern students to study the related books on various topics of the said newly designed subject, acquire detailed knowledge on the same and practise the knowledge so gained in their day-to-day lives. Thereby, they can derive great benefits for themselves.

We earnestly and fervently pray to our modern students to kindly study this book with great interest and due earnestness.

We offer our heart-felt fervent prayer to the Almighty Supreme Lord and the *Rishis*, *Munis*, Saints, Sages, Prophets, Teachers and Professors to bestow Their Choicest Blessing upon our modern students for achieving crowning success in their above endeavours.

The 01st March 2022
Mahasivaratri Day

Publisher

Be good. Do good. — Swami Sivananda

Author's First Prayer to Modern Students

Dear Friends ! Life-building, character-building and man-making education, based on our nation's lofty ideals, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; is the "Real education". Such education was imparted to students in the learning centres, known as "*Gurukulas* and *Rishikulas*", in ancient India. As a result, our ancient students could know the right goals of their life and the right path of human life. They were able to build their life rightly by laying a proper and strong foundation of their life and by constructing upon the same a complete, proper, strong and nice superstructure of their life. Thereby, they were able to live their long future life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

But presently there is no provision for imparting of the above education in our modern schools, colleges and universities. Therefore, our modern students are deprived of the same. Consequently, they are proceeding in darkness and are unable to know the right path of human life. They are unable to build their life rightly and also unable to live their long future life ideally and successfully in the above manner. Thereby, they are suffering from irreparable damages and incurring permanent losses in their life. Therefore, they need the aforesaid education most intensely and urgently. This, in my humble view, is "The Greatest Need of our Modern Students".

Dear Friends ! In such a greatly-needy situation, a new subject named "Value Education for Life Building and Successful Living", or, in short, "Life Building Science", on life-building, character-building and man-making education, has been conceived, designed and prepared, and also a new Text Book with the title "Life Building Science" containing introductory write-ups on various topics of the said subject, such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian culture,

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economic prosperity, vital worldly desires, religion, spirituality, one's prescribed duties, etc., has been prepared for study by our modern students. By studying the said Text Book, our modern students can acquire introductory knowledge on the said topics of the said newly designed subject of "Life Building Science". Also, a Book of compilation "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes) has been prepared. By studying the said Book of compilation, our modern students can acquire detailed knowledge on the above topics of the said newly designed subject. Thereby, they can learn the right goals of their life, the right path of human life; and the right manner of building their life with a proper and strong foundation and with a complete, proper, strong and nice superstructure of human life, and the right manner in which they can live their precious long future life purposefully, prosperously, happily and peacefully. After acquiring such knowledge, they can practise the same in their day-to-day life. Thereby, their life can become ideal and successful, i.e. economically and materially prosperous as well as spiritually happy and peaceful. In this manner, they can derive immense benefits for themselves.

(Presently, the soft copies of the above Text Book "Life Building Science" and the Book of compilation "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes) are available in the Internet Archive and our modern students can study the same therein, free of cost. (They can open the Internet Archive by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search> (the above books in PDF format will be displayed). In course of time, when the priced publications of the said books are brought out, they can purchase the same from book stores.)

Dear Friends ! In this context, I have prepared this book, containing introductory write-ups on six topics on the aforesaid subject of "Value Education for Life Building and Successful Living",

or, in short, "Life Building Science", for free distribution amongst our modern students, so that they can study the said write-ups in this book and derive great benefits for themselves. Those write-ups are (i) Precious Human Life and Its Proper Building, (ii) Great Goals of Precious Human Life and Their Achievement, (iii) Golden Student Life and Youth Period — The Right Period for Building of Human Life, (iv) Right Ways of Life Building and Successful Living — A Brief Outline, (v) Value Education (Life-building, Character-building and Man-making Education or Moral, Ethical, Religious and Spiritual Education or Value Education) — Its burning necessity in the life of modern students, and (vi) Spiritual Literature — Its great benefits for modern students in life building and successful living. The said introductory write-ups seek to create necessary awareness amongst our modern students regarding the aforesaid newly designed subject of "Value education for Life Building and Successful Living" or, in short, "Life Building Science", and also lead, inspire and encourage them to study the aforesaid newly designed Text Book "Life Building Science" and thereafter, the Book of compilation "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes), in order to acquire introductory knowledge and detailed knowledge respectively on various topics of the said subject of "Value education for Life Building and Successful Living". Further, the write-up "Concluding Advices to Modern Students" by Shri Swami Sivachidananda Saraswati, Secretary, Sivananda Centenary Boys' School, Bhubaneswar, Odisha, India has been included in this book, with his kind consent, for great benefit of our modern students. (We are ever grateful to Shri Swamiji for graciously giving such kind consent.)

This book has been uploaded in the Internet Archive so that all modern students of our nation as well as of all other nations of the whole world can study the book, free of cost, and derive great benefits for themselves. They can open the Internet Archive by accessing the same in the aforesaid manner and study the book, free of cost.

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I most humbly, earnestly and fervently pray to our modern students to please study this book with interest, encouragement, patience and attention and derive great benefits in their lives.

Now I take this opportunity to most humbly, earnestly, heartily and fervently pray to the Almighty Supreme Lord and all *Rishis, Munis*, Saints, Sages and Prophets as well as all Teachers and Professors to bestow Their Choicest Blessings upon all our modern students for achieving crowning success in their above endeavours.

Further, I have also conceived, designed and prepared one 01 Day Students' Awareness Programme, with Exhibition of Books for Modern Students, on the subject of "Value Education for Life Building and Successful Living" by utilising the introductory write-ups of this book; and endeavoured to organise the same in some school for benefits of our modern students; and to upload the video recording of the proceedings of the said programme in YouTube so that all modern students of our nation as well as of other nations of the whole world can watch the programme, listen to the addresses delivered during the said programme and derive great benefits for themselves. However, it could not be possible so far due to various reasons including the present corona pandemic restrictions.

In case such a programme can be organised in some school in future, the addresses delivered during the said programme will be uploaded in the YouTube Channel "Mohan's Value Education" (link:- https://www.youtube.com/channel/UCRku88g4_8o5OiigWI0owZQ), with the episodes commencing with the name "ODSAP", so that the modern students of our nation as well as of all other nations of the whole world can watch the said programme and derive great benefits for themselves.

Precious Human Life and Its Proper Building

In this universe, everything is changing and going through the process of evolution in accordance with the Law of Nature. The lowest of the creation i.e. the inanimate stones and mountains evolve into living plants and trees. Plants and trees evolve into insects and animals. Insects and animals evolve into human beings, the crown of creation. Then the turn comes for human beings to evolve and transform themselves into divinity, the state of their Creator Himself and get united or merged with the Creator. This is known as *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or Merger/ Union of the individual Soul with the Supreme Soul. This is also called Self-realisation or God-realisation. On attainment of liberation of the individual soul, the process of evolution gets completed and consequently, the individual soul does not take further rebirth. Such liberation of the individual soul alone bestows everlasting happiness and eternal peace, and liberation of the individual soul alone results in permanent cessation of worldly sorrows, sufferings, pains and miseries in human life.

As stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; such liberation of the individual soul is the higher purpose or the supreme purpose of human life. For achievement of the said purpose only the Creator has gifted this human birth to human beings after they have taken their innumerable births in 84 lacs species of life, including the life of plants, trees, insects, birds and animals. Therefore, human birth is a rare and precious gift of God to human beings.

Our ancient Spiritual Scriptures as well as our *Rishis*, *Munis*, Saints and Sages further say that attainment of liberation

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of the individual soul, the higher purpose or the supreme purpose of human life, is possible only in human life and in no other species of life. Because, only human beings, but no other living beings, have been endowed with the unique quality of "Intellect". And with the help of their "Intellect", human beings can discriminate between right and wrong; and then they can choose to take right actions, proceed in the right path of life and make their best endeavours for attainment of liberation of their individual souls in their present human birth. In this way, they can live their precious human life wisely, purposefully, successfully and ideally, unlike the animals that take their birth and "instinctly" search their food, eat, sleep, procreate, enjoy, suffer, fear and ultimately meet with their death and thus, live their life purposelessly and sorrowfully.

So, if human beings do not attain liberation of their individual souls in this present rare and precious human birth itself, they lose this unique, golden opportunity of human life. They do not get liberation from the cycle of births and deaths, and they continue to take rebirths innumerable times, life after life, in 84 lacs species of life including the life of plants and trees and insects and animals. And consequently, they continue to get sorrows and sufferings in whatever specie of life they are reborn, because life upon the earth plane in any species is full of sorrows, sufferings, pains and miseries.

Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages exhort time and again that human beings should be wise and make their best endeavours to attain *Moksha* or Liberation of the individual Soul from the cycle of births and deaths in their present human birth itself by living what is called "Spiritual Life". "Spiritual Life" is extremely important, vitally necessary and most indispensable for human beings and therefore, it should be lived successfully.

While living the "Spiritual Life", human beings live upon this earth plane for some period. For survival of their physical

body during such period, they need to simultaneously take to some income generating activity through some profession, vocation, occupation, business, agriculture, etc., and through such activity, they earn their livelihood in order to meet their basic necessities of life such as food, clothing, housing, medicines, etc. They also make endeavours for achieving economic prosperity and material development and for acquiring worldly properties or assets like cash, gold ornaments, electronic equipments, modern gadgets, motor cars, land, building, etc. for living a reasonably comfortable life for themselves and for their family members; and for fulfilling their various types of vital physical, biological, psychological and other worldly desires. They also need money and wealth in order to arrange for better education of their children in reputed educational institutions, ceremonious marriages of their sons/daughters with good candidates in socially renowned and economically wealthy families, and to meet their various kinds of social and other requirements befitting their family and their social status, etc. In this way, they make endeavours to live their earthly life comfortably and happily. Such life is called "Secular Life". "Secular Life" is necessary, important and inevitable and is to be lived successfully.

When human beings are to live both "Spiritual Life" and "Secular Life" successfully in their present human birth, one can visualise how great and valuable this precious human life upon this earth plane is !

Great Goals of Precious Human Life and Their Achievement

It would be observed from the discussion made in the previous write-up on "Life Building and Successful Living — Ways and Means — I — Introduction — Precious Human Life and Its Proper Building" that human beings need to live "Spiritual Life" in order to attain liberation of their individual souls from the cycle of births and deaths which is called Merger/ Union of the individual Soul with the Supreme Soul or Self-realisation or God-realisation or *Moksha*, and that this is the higher purpose of precious human life. As stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; this higher purpose of liberation of individual souls from the cycle of births and deaths or attainment of *Moksha*, is one great goal of precious human life, and that this great goal is the supreme great goal of precious human life. Achievement of this supreme great goal of precious human life is indispensable for living an ideal, successful, happy and peaceful human life upon this earth plane. Thus, *Moksha* is said to be the supreme great goal of precious human life.

It would further be observed from the discussion made in the aforesaid previous write-up that while living the "Spiritual Life", human beings need to live the "Secular Life" also. Human beings need to live the "Secular Life" also for two purposes, as stated hereunder.

The first purpose of living the "Secular Life" by human beings is to earn money and acquire material prosperity in order to meet their basic necessities of life for ensuring their physical existence upon this earth plane and to meet their other personal, family, social and national needs. As stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient

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Indian Culture or *Bharatiya Sanskruti*; this purpose of earning money and acquiring material prosperity, called *Artha*, is another great goal of precious human life. Achievement of this great goal of precious human life is inevitable for living a prosperous, smooth, comfortable and happy human life upon this earth plane from secular point of view.

The second purpose of living the "Secular Life" is that, human beings earn money and acquire material prosperity, and with the help of the same, they also fulfill their various vital physical, biological, psychological and other worldly desires. As stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; this purpose of fulfilling their various types of vital worldly desires, called *Kama*, is another great goal of precious human life. Achievement of this great goal of precious human life is inevitable for living a satisfying, contented, comfortable and happy human life upon this earth plane from secular point of view.

Still there is another purpose of precious human life and the same is stated in this paragraph. In connection with the above two great goals, i.e. *Artha* and *Kama*, the most relevant and the most important point to be noted is that (i) *Artha* i.e. earning of money and acquiring of material wealth need to be performed by human beings in the ethical ways or righteous way or in accordance with the ethical code of conduct, i.e. by honest and fair means and without causing harm or loss to other beings, as prescribed in our ancient Spiritual Scriptures, so that it does not give them sorrows, sufferings and miseries but, instead, bestow true prosperity, real happiness and peace upon them; and that (ii) *Kama* or the vital physical, biological, psychological and other worldly desires of human beings need to be moral, ethical, legitimate and justifiable ones; and that such desires ought to be kept to the minimum, but adequate, for living a reasonably

satisfying and comfortable life so that it does not give them sorrows and sufferings but, instead, bestow happiness and peace upon them. That means, both the said great goals, i.e. *Artha* and *Kama*, are to be achieved in accordance with the ethical code of conduct or by following the rules of ethics, which is known as *Dharma* in our ancient Spiritual Scriptures. Therefore, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; adherence to ethical code of conduct or *Dharma*, in all actions and all activities in our day-to-day life, is another great goal of precious human life. *Dharma* is said to be the first, foremost, fundamental and foundational great goal of precious human life, because it governs both *Artha* and *Kama* and leads to *Moksha*, the other three great goals of human life. Adherence to ethical code of conduct or *Dharma* is indispensable for living an ideal, successful, happy and peaceful human life upon this earth plane.

The above four great goals of precious human life have been placed in the right order in our ancient Spiritual Scriptures as *Dharma*, *Artha*, *Kama* and *Moksha*. These four great goals are called "*Purushartha Chatusthaya*" in our ancient Spiritual Scriptures. Human beings need to achieve all these four great goals of human life so that living of their precious life upon this earth plane becomes ideal, successful, complete, purposeful, prosperous, happy and peaceful; and thereby, they derive everlasting happiness and eternal peace, with permanent cessation of sorrows and sufferings of human life. This is tremendously necessary as well as extremely important.

From the above discussions, one can visualise how great are the above four great goals of precious human life and how necessary and important it is for human beings to achieve all these four great goals of precious human life so that they can live

their precious human life upon this earth plane ideally, successfully, completely, purposefully, prosperously, happily and peacefully !

When human life upon this earth plane is so precious, and when human beings need to achieve all the four great goals of ideal human life for living their precious human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully, one can visualise how important it is for human beings to build their precious human life rightly and that too, at the right time of life ! This is tremendously necessary as well as extremely important.

Now, two questions arise. The first question is, how human beings need to build their precious human life rightly, and the second question is, which is the right time of precious human life to build the same rightly?

We will discuss first the second question, i.e. which is the right time of precious human life to build the same rightly, in the next write-up on "Golden Student Life and Youth Period — The Right Period of Building of Human Life". And then, we will discuss the first question, i.e. how human beings need to build their precious human life rightly, in the subsequent write-up on "Right Ways of Life Building and Successful Living — A Brief Outline".

Golden Student Life and Youth Period — The Right Period for Building of Precious Human Life

Now, we will discuss the second question, i.e. which is the right period of precious human life to build the same rightly, in this write-up.

As stated in our ancient Spiritual Scriptures and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, human life has four stages i.e. student life, household life, retired life and renounced life. Those stages of human life are stated in our ancient Spiritual Scriptures as *Brahmacharya Ashrama*, *Gruhastha Ashrama*, *Vanaprastha Ashrama* and *Sannyasa Ashrama*.

The precious human life is built during *Brahmacharya Ashrama*, the first part of human life, i.e. the stage of student life and youth period of, say, 20 to 25 years. This is the right period for human beings to build their life rightly. Because, this period is the formative stage in the life of human beings. And during this period, human physique is generally found in a growing state; and human mind remains tender, lies in a highly impressionable state and is very receptive. Therefore, it is very easy for human beings to build their life rightly during this period of human life.

Students can build their precious human life rightly during their *Brahmacharya Ashrama*, i.e. their golden student life and youth period, by laying the foundation of their precious human life properly and strongly; and by constructing the superstructure of their future life upon the same completely, properly, strongly and nicely. If they can do so, they can live the remaining three parts, which is a long period of their precious human life, say, ideally, 75 years, in *Gruhastha Ashrama*, *Vanaprastha Ashrama* and *Sannyasa Ashrama*, ideally, successfully, completely, purposefully, prosperously, happily and peacefully.

Thus, precious human life upon this earth plane can be said to be lived ideally.

Hence, this short student life and youth period of, say, 20 to 25 years, is the golden period of human life; and is meant and also is most suitable for building of the precious human life. Therefore, students need to utilise this golden period of human life for building their precious human life rightly.

But once this student life and youth period, the golden period, passes away, it will be extremely difficult for students to lay the foundation of their precious human life properly and strongly at a later stage. This can be explained with the help of an example. A potter can give any shape to raw clay, mixed with water, to make various types of earthenware such as pots, cups, bowls, plates, glasses, toys, etc. He can also change the shape of one type of raw earthenware to another type, because at this stage the wet raw clay remains soft and therefore, it is amenable to any kind of change. But once the shaped wet raw earthenware is burnt in the fire, the same becomes hard and not amenable to change and thereafter, the potter can not change the shape of the burnt and hardened earthenware.

Therefore, students need to utilise this golden student life and youth period of their life most profitably for laying the foundation of their precious human life properly and strongly. But if they do not do so during their golden student life and youth period, they can not lay a proper and strong foundation of their life in the later stage of their precious human life. And also, upon a weak foundation of their life, they may not be able to construct the superstructure of their future precious human life completely, properly, strongly and nicely. Consequently, they may not be able to live their future precious human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully. In that case, they are most likely to spend the remaining long period of their precious human life of, say, ideally, 75 years, with

failures, sorrows, sufferings, miseries, unhappiness and peacelessness. And in the event of such a state of things, they will have to lament and repent throughout their whole long life.

Now, the second question is, how students need to build their precious human life rightly during their golden student life and youth period so that they can live their future precious human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully? We will discuss a brief outline of the same in the next write-up on "Right Ways of Life Building and Successful Living — A Brief Outline".

Right Ways of Life Building and Successful Living — A Brief Outline

Now, we will discuss the first question, i.e. how human beings need to build their precious human life rightly, in this write-up.

Human beings need to build their precious human life rightly during their golden student life and youth period, the first part of their life of, say, 20 to 25 years, so that they can live the remaining three parts of their precious life, which is a long period of, say, ideally, 75 years, ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully. They can build their precious human life rightly by laying the foundation of their life properly and strongly; and by constructing the superstructure of their future life upon the same completely, properly, strongly and nicely.

Building of precious and rare human life rightly by laying its foundation properly and strongly; and constructing its superstructure completely, properly, strongly and nicely can be well-understood with the analogy of a house building.

The foundation of a house-building is laid generally with four concrete foundation pillars. Thereby, the foundation of the house-building becomes proper and strong; and upon such a well-laid foundation, the superstructure of the house-building can be constructed completely, properly, strongly and nicely. Similarly, the foundation of human life needs to be laid with four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. Thereby, the foundation of human life becomes proper and strong; and upon such a well-laid foundation, the superstructure of the human life can be constructed completely, properly, strongly and nicely.

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The superstructure of a house building is constructed with four essential facilities, viz. bath room, kitchen, bed room and *puja* room or prayer room. With these facilities, the superstructure of a house-building becomes complete, proper, strong and nice and human beings can live therein smoothly, comfortably, happily and peacefully. Similarly, the superstructure of human life is constructed with achievement of four grand goals of ideal human life, viz. adherence to righteousness or *dharma*, achievement of economic prosperity or *artha*, fulfillment of vital worldly desires or *kama* and attainment of spiritual illumination for liberation of soul from the cycle of births and deaths or *moksha*. These four grand goals are called ethical value, economic value, vital value and spiritual value. These are the four grand goals according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. These four grand goals have been prescribed in our ancient Spiritual Scriptures with a view that living of precious human life upon the earth plane becomes ideal, complete, successful, purposeful, prosperous, happy and peaceful. With achievement of these four grand goals, the superstructure of precious human life becomes complete, proper, strong and nice; and human beings can live their precious life upon the earth plane ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

If a house building is built rightly in the above manner, i.e. if the foundation of the house building is laid properly and strongly; and if the superstructure of the house building is constructed thereupon completely, properly, strongly and nicely, human beings can live their entire future life in that building smoothly, comfortably, happily and peacefully. Similarly, during the golden student life and youth period, the first part of human life, if human beings build their precious life rightly in the manner stated above, i.e. if they lay the foundation of their life properly

and strongly; and if they construct the superstructure of their future life upon the same completely, properly, strongly and nicely, they can live the remaining three parts of their precious human life, which is a long period of their life of, say, 75 years, successfully and ideally, i.e. economically and materially prosperously as well as spiritually happily and peacefully. In other words, they can live their precious human life successfully, completely, purposefully, prosperously, happily and peacefully. Thus, precious human life upon the earth plane can be said to be lived ideally.

This is a brief outline of the subject of "Life Building and Successful Living".

Students need to acquire knowledge on the subject of "Life Building and Successful Living", or, in short, "Life Building Science", apart from acquiring knowledge on various secular subjects, in their schools, colleges and universities through "Life-building, Character-building and Man-making Education". Such education comprises teachings mainly on moral values, ethical values, religious values and spiritual values and therefore, such education is also called "Value Education" in the modern time. Acquiring knowledge about this subject by students during their golden student life and youth period is vitally necessary, most important and most worthwhile.

After acquiring such knowledge, they can practise the knowledge so gained in their daily life and build their life rightly, i.e. completely, properly, strongly and nicely. Thereby, they can live their precious and rare human life ideally and successfully i.e. economically and materially prosperously as well as spiritually happily and peacefully.

What is "Life-building, Character-building and Man-making Education" or "Value Education" ? We will discuss the same in the next write-up.

Value education (Life-building, Character-building and Man-making Education or Moral, Ethical, Religious and Spiritual Education or Value education) — Its burning necessity in the life of the modern students

Meaning

What is "Value Education" ? Value Education consists of two words, i.e. value and education.

Education, as we generally understand, means imparting of teachings by Teachers on various subjects of study and learning of the same by students in the centres of learning.

Value generally means worth of a thing. Value in human life means some principle, quality or virtue which a human being believes and for which he has firm conviction to be worthy of possession and good for application and which he expresses in the day-to-day conduct in his life in all circumstances.

Values such as truth, non-violence, self-control, purity, love, compassion, nobility, benevolence, tolerance, generosity, forgiveness, selflessness, friendliness, fellowship, brotherhood, *paropakara*, etc. are basic human values, universal in nature and common for all human beings of the world irrespective of their caste, creed, cult, sect, colour, gender, faith, belief, religion, nationality, etc. These values are worthy of possession, good for application and ideal for expression in the day-to-day conduct by all human beings upon this earth plane.

Thus, value education means imparting of teachings to students on various kinds of values, including moral value, ethical value, religious value and spiritual value, in different spheres of activities in human life with a view to enabling them to learn, understand, appreciate, believe, accept and apply those values in the day-to-day conduct in their lives for their good.

The major sources of the above values are moral science, ethics, religion and spiritual science. Hence, moral education, ethical education, religious education and spiritual education are called Value education.

Values build the character and the life of human beings and also make them as true human beings. Therefore, value education is "Life-building, Character-building and Man-making Education".

Value education is the "Real education".

Now let us discuss the simple meaning of moral education, ethical education, religious education and spiritual education.

Moral and ethical education relates to imparting of teachings to students on moral and ethical qualities or values in life such as truth, non-violence, self-control, celibacy, internal and external purity, honesty, austerity, non-stealing, non-covetousness, and other prescribed code of conduct or righteous actions or virtuous actions or moral and ethical actions.

Religious education, in this context, means imparting of academic or intellectual or theoretical knowledge or teachings to the students on different religions of the world covering, inter alia, (i) the correct meaning of religion, (ii) the necessity, importance and benefits of religion in human life, (iii) the brief outlines of various religions, the philosophies and teachings of various religions in brief, (iv) the fundamental principles or tenets of various religions, (v) the true concept of religion, (v) the essentials or the internal aspects of all religions which include moral and ethical qualities or values such as truth, non-violence, purity, love, compassion, nobility, benevolence, generosity, forgiveness, selflessness, friendliness, fellowship, brotherhood, doing good to others or *paropakara*, etc. which are universal human qualities and are common to all human beings and all religions of the world at all periods of time and (vi) unity of religions.

However, religious education, for the present, should not include "Religious instructions" i.e. teachings on the non-essentials or the external aspects of different religions such as the methods of worship of God, rites, rituals, sacrifices, observances, ceremonies, festivals, customs, traditions, etc., which are different in different religions and which have been prescribed with a view to suiting to different sections of people of the world having different tastes, temperaments and needs in different geographical locations, historical times, etc. Because, imparting of teachings on such religious instructions or the non-essentials or the external aspects of different religions may lead to misunderstanding, discord, disharmony, quarrels, restlessness, etc. amongst the followers of different religions in the society, nation and world, due to lack of correct interpretation, right understanding, unanimous views, conclusions and acceptance of the same at the present time. Further, religious education should be non-sectarian in view of prevalence of multiple religions and multiple religious sects or sub-groups in our country. Religious education should also be non-dogmatic and non-bigotry.

Spiritual education relates to the Science of the Self or Soul or *Atman*. It is called *Atma Jnana*. It also relates to *Brahma*, the *Paramatman* or the Supreme Soul or the God. Therefore, it is also called *Brahma Jnana*. It imparts teachings or knowledge to students on various paths for achievement of the higher purpose of human life upon this earth plane i.e. attainment of Liberation of the individual Soul or *Atman* from the cycle of births and deaths or Union of the individual Soul or *Atman* with the Supreme Soul or God or *Paramatman* or *Brahma*, or Self-realisation or God-realisation or *Moksha*, attainment of the state of Perfection, the state of Divinity. Such paths include different kinds of Yoga such as *Karma* Yoga, *Bhakti* Yoga, *Raja* Yoga, *Jnana* Yoga, Vedanta, meditation, prayer, etc.

Sayings in our Holy Spiritual Scriptures and Views of our Saints and Sages

In this context, it is most worthwhile to note some sayings in our ancient Spiritual Scriptures, and some views of our *Rishis*, *Munis*, Saints and Sages on some aspects of education system of our country.

Sayings in our ancient Spiritual Scriptures

Mundaka Upanishad (1.1.4) divides *vidya* or knowledge into two types, viz. *para vidya* and *apara vidya* (द्वे बिद्वे वेदितव्य परा चैवापरा च (मुण्डकोपनिषद् - १.१.४)).

Para vidya means Knowledge of the Self or *Atma Vidya*. It is Science of the Self or *Atma*. It imparts knowledge regarding liberation of the individual Soul or *Atman* from the cycle of births and deaths and its union or merger with the Supreme Soul or the *Paramatma* or the *Brahma*. This *vidya* or knowledge is also called *Brahma Vidya* as it relates to attainment of the *Brahma*, the Supreme Soul, by the individual Soul. *Para vidya* gives spiritual freedom. It results in "Happy and Peaceful Living". *Para vidya* relates to the spiritual aspect of human life and is called Spiritual education or *Aadhyatma vidya*. *Para vidya* is called the higher *vidya*. It is the Supreme knowledge.

Apara vidya imparts knowledge regarding earning of money and achievement of material prosperity and fulfillment of vital worldly desires. It gives economic freedom. It leads to "Material Prosperity" and results in "Comfortable Worldly Living". It relates to the secular aspect of human life and is called Secular education. *Apara vidya* is called the lesser *vidya*. It is the Ordinary knowledge.

Para vidya or Spiritual education and *Apara vidya* or Secular education are complementary as both are necessary for living a complete, prosperous, purposeful, happy, peaceful successful and ideal human life. And both spiritual education and

secular education, combined together, constitute the "Right Education".

Vishnu Purana (1.19.41) says: "सा विद्या या विमुक्तये" — "Knowledge is that which liberates". It means "That *vidya* or knowledge which liberates the learner is true *vidya* or true knowledge". This true *vidya* or true knowledge means *aadhyatma vidya* or spiritual knowledge and it teaches the learner how to get liberation of his individual soul from the cycle of births and deaths. It relates to the spiritual aspect of human life and is called Spiritual education.

In the *Bhagavad Gita*, (Chapter - 10, verse - 32), *Lord Krishna* says : "Among the sciences I am the science of the Self" ("अध्यात्मविद्या विद्यानां") — (श्रीमद् भगवद् गीता, अध्याय - १०, श्लोक - ३२). It means that *Adhyatma Vidya* or the Science of the Self is supreme amongst all types of sciences. It relates to the spiritual aspect of human life and is called Spiritual science or Spiritual education.

Views of the world famous Saint Swami Vivekananda, the world famous Politician and Statesman as well as a Mahatma, the Father of our Nation Mahatma Gandhi and the world famous Saint Swami Sivananda

Views on Education

About "Education" Swami Vivekananda says that:-

"Education is the manifestation of the perfection already in man."

"Education is not the amount of information that is put into your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library. ... If education is identical with information, the libraries are the greatest sages in the world, and encyclopaedias are the rishis."

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About "Education" Mahatma Gandhi says that:-

"By education I mean an all-round drawing out of the best in child and man -- body, mind and spirit."

".....Man is neither mere intellect, nor the gross animal body, nor the heart or soul alone. A proper and harmonious combination of all the three is required for the making of the whole man, and constitutes the true economics of education."

About "Education" Swami Sivananda says that:-

"Education is the manifestation of the divinity in man."

"Education is the training in the art of living."

"That education which makes you tread the path of truth and righteousness, which moulds your character, which helps you to attain freedom, perfection and knowledge of the Self and, at the same time, enables you to eke out an honest living, can be called true education."

Views on Spiritual Education**About "Spiritual Education"****Swami Vivekananda says that:-**

"Religion is 'the manifestation of the divinity already in man'."

"Every improvement in India requires first of all an upheaval in religion. Before flooding the land with socialistic or political ideas, first deluge the land with spiritual ideas. If you attempt to get secular knowledge without religion, I tell you plainly, vain is your attempt in India; it will never have a hold on the people."

"We must have a hold on the spiritual and secular education of the nation. ... You must dream it, you must talk it, you must think it, and you must work it out. Till then there is no salvation for the race."

About "Spiritual Education"**Mahatma Gandhi says that:-**

"If India is not to declare spiritual bankruptcy, religious

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instruction of its youth must be held to be at least as necessary as secular instruction."

"WITHOUT a national system of education, all our efforts must prove futile. Whenever we get Swaraj-raj -- to-day or after some time, it has to be remembered that it will not last long without national education."

About "Spiritual Education"

Swami Sivananda says that:-

"True education must teach not merely some means of earning livelihood, tenets of citizenship, etc., but it must develop moral and spiritual qualities of the student."

"Education must aim at forming a spiritual attitude towards life. Spirituality does not hinder material progress. It buttresses, in fact, material interests. The real advancement and well-being of every society and nation depend upon the right kind of educational basis."

"If an educational system is to be morally effective, it must rest on a spiritual foundation. If this is assured, then science and technology will best serve the interests of mankind. Lop-sided emphasis either on humanities or science alone will not serve the interests of the country. Science is not Godless. Science alone cannot ensure peace and harmony. Humanities alone cannot cure the ills of poverty or safeguard the freedom of the country. There should be a synthetic development of the both."

Necessity of Education

In this universe, every thing is changing and going through a process of evolution. The lowest of the creation i.e. the inanimate stones and mountains evolve into fertile soil. Fertile soils sustain and evolve into living plants and trees. Plants and trees evolve into insects and animals. Insects and animals evolve into human beings, the crown of creation. Then the turn comes for human beings to evolve and transform themselves into Divinity, which is the state of their Creator Himself, and thereby, to merge

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themselves with the Creator or God. With this, the process of evolution gets completed. Attainment of the state of Divinity, which is also known as Union of the individual Soul with the Supreme Soul or Liberation of the Soul from the cycle of births and deaths or Self-realisation or God-realisation or *Moksha*, is the Supreme Grand Goal of Aspiration of Ideal Human Life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints, Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Attainment of such state is possible only in human life amongst all kinds of living beings upon this earth plane but in no other species of life. Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints, Sages and the Great Ones say that human life upon the earth plane is a rare and precious gift of God, created with the higher purpose of enabling the human beings to attain the state of Divinity. They further say that attainment of such state only bestows permanent happiness, eternal peace and spiritual bliss in human life; and attainment of such state alone results in permanent cessation of worldly sorrows, sufferings, pains and miseries in human life. Therefore, they say that human life ought to be utilised most gainfully for the purpose of attainment of the state of Divinity. When the state of Divinity is attained, and permanent happiness and eternal peace are derived; life is said to be successfully lived, completely lived, purposefully lived, truly lived, worthily lived, happily lived, peacefully lived. Then only human life is said to be ideally lived. Thus only, this rare and precious gift of human birth given to us by God is wisely and gainfully utilised.

Further, human beings have a mixture of animal instincts, human qualities and divine faculties. In the process of their evolution, they need to transform themselves into divinity, into perfection, by shedding their animal instincts like lust, anger, greed, fear, hatred, pride, jealousy, selfishness; developing moral

and ethical values and human qualities like non-violence, selflessness, tolerance, courage, goodwill, friendliness, fellowship, brotherhood, doing good to others or *paropakara*, etc.; and unfolding their latent divine faculties like truthfulness, love, purity, compassion, forgiveness etc.,. Thereby, they can make endeavours to attain Self-realisation or God-realisation, the state of Divinity, the state of Perfection.

Learning of the knowledge about (i) the method of attainment of the state of Divinity, known as Union of the individual Soul with the Supreme Soul or Liberation of individual Soul from the cycle of births and deaths or Self-realisation or God-realisation or *Moksha*, which is the Supreme Grand Goal of Aspiration of Ideal Human Life, as stated in our ancient Spiritual Scriptures, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; and (ii) the method of transformation of human beings into the state of Divinity, as stated in the above two paragraphs, requires knowledge to be derived through education. Thus is the necessity of education for human beings.

Further, God has endowed human beings, the crown of His creation, with a special faculty i.e. the power of intellect. This power of intellect enables the human beings to think and discriminate between right and wrong. God has also granted complete independence to human beings in the spheres of their thinking and actions. With such independence, human beings can choose between right and wrong and then think, decide and act accordingly. Right action yields good results leading to happiness and peace in their life and wrong action brings in bad consequences resulting in pains, miseries, sorrows and unrest in their life. This happens according to the inexorable Law of Action or *Karma* i.e. "As you sow, so shall you reap". Therefore, it is necessary for human beings to use the power of intellect, the power of discrimination and to know what is right and what is wrong, for their good.

Learning of the knowledge about the science of actions, and the knowledge about discriminating between what is right and what is wrong and then to choose to take right action as stated above also requires education for human beings. Thus is also the necessity of education for human beings.

Acquiring knowledge for the above two purposes constitutes the primary necessity of education for human beings. Education for these two purposes is the true education or the real education. Such education can be acquired in the form of life-building, character-building and man-making education or moral, ethical, religious and spiritual education. Moral, ethical, religious and spiritual education is called Value Education in the modern time as discussed above. Such education, which was imparted in *Gurukulas* and *Rishikulas* in ancient time, is presently not being imparted in modern schools, colleges and universities of our country.

Simultaneous with the process of their transformation, human beings have to live in this earth plane for some period. During their life span upon this earth plane, they need to survive by maintaining their physical body. For survival of their physical body as well as to meet their individual, family and social needs of secular nature, they need to earn money by taking to some income-generating activities. Learning of how to earn money through such activities also requires knowledge. For acquiring such knowledge also, human beings need education. Acquiring knowledge for this purpose constitutes the secondary necessity of education for human beings. Education for this purpose is called the secular education. Such education only is being imparted in modern schools, colleges and universities of our country.

This, in short, is the necessity of education for human beings.

Without education, human beings, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and

Sages, live a life similar to that of the animal i.e. taking birth, searching for food, eating, sleeping, procreating, enjoying, fearing, suffering and one day, meeting with death. By living such an animal life, human birth, the rare and precious gift of God, is wasted and the higher purpose of human life is not achieved. Therefore, education is a basic necessity of human beings like food, clothing, house, medicine, etc. and is most vital in human life.

Importance of Education

Importance from individual point of view

Value education or moral, ethical, religious and spiritual education or life-building, character-building and man-making education of human beings is the foundation upon which the superstructure of their successful life is built and upon which it rests. If the foundation is weak or deficient, the whole superstructure, howsoever strongly and nicely built, is bound to fall down or collapse, leading to destruction and loss. If the foundation is strong and is laid properly, the superstructure built upon it will stand strong and last long. In the same way, deficient education (i.e. secular education only without value education) will “mar” the life of human beings; and right education (i.e. both secular education and value education) will “make” their life. Deficient education may lead to temporary material prosperity and worldly pleasures but can not bring in permanent happiness, eternal peace and spiritual bliss in the personal life of human beings. Instead, it will lead to a life of miseries, diseases, sorrows, sufferings, negativity, scepticism, insecurity, fear, cares, anxieties, depression, unrest, etc. As a result, the rare and precious human life upon the earth plane will be lived in vain i.e. the higher purpose of human life i.e. Union of the individual Soul with the Supreme Soul or Liberation of the individual Soul from the cycle of births and deaths or Self-realisation or God-realisation or *Moksha*, which is the Supreme Grand Object of Aspiration or Grand Goal of Ideal Human Life, as stated in our ancient Spiritual Scriptures

and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, can not be achieved. Consequently, lasting happiness and eternal peace can not be derived and there will not be permanent cessation of worldly sorrows, sufferings, pains and miseries in human life. On the other hand, value education or moral, ethical, religious and spiritual education or life-building, character-building and man-making education will not only guide human beings regarding acquiring of true material prosperity in the rightful manner and fulfillment of legitimate vital worldly desires but also enlighten them on the path of religion and spirituality for achievement of the said higher purpose of human life. On achievement of the said higher purpose of human life, there will be lasting happiness and eternal peace; and permanent cessation of worldly sorrows, sufferings, pains and miseries in their personal life. In addition to this, it will also lead to true prosperity as well as real happiness and eternal peace in their domestic life, social life and national life. Therefore, value education is more important for human beings.

Further, value education or moral, ethical, religious and spiritual education or life-building, character-building and man-making education is more important than even the other basic necessities of human life such as food, clothing, house, medicine etc. Because, if the latter are not available to a human being, his physical health only will suffer or in the worst case, he may die. But if value education or moral, ethical, religious and spiritual education or life-building, character-building and man-making education is not made available, he may remain physically alive and well, but morality, ethics, character, humanity, nobility, religion and spirituality in him will die; he will live an animal-like life full of sorrows, sufferings, pains and miseries only; he will invite degeneration, downfall, destruction and loss in his personal life and thus, his precious human life will be lived in vain. Therefore,

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value education is more important, rather most important and most vital for human beings.

Importance from national point of view

Value education or moral, ethical, religious and spiritual education or life-building, character-building and man-making education is more important than the other basic necessities of life like food, clothing, house, medicine etc. for a nation also.

Because, a nation is said to be built more with its people, its living beings, than with its inanimate vast geographical area, enormous economic development, abundant material prosperity, vast scientific inventions, great technological advancements, huge military powers, etc. Because, the people of a nation, who have built their lives rightly and empowered themselves profoundly with good physical health, powerful mind, noble character and ethical conduct during their student life and youth period, only can contribute significantly and work constructively towards the development, progress, prosperity, peace and welfare of a nation in all fields of activities. And the people of a nation or the citizens of a nation (more particularly, the students, the future citizens of a nation), who have been imparted right education, i.e. value education or moral, ethical, religious and spiritual education or life-building, character-building and man-making education, during their student life and youth period in schools, colleges and universities, only can build their lives rightly in the said manner; and such rightly-educated people only can build a nation rightly and make the nation great. Therefore, it is said that "Student Building leads to Nation Building" or "Nation Building comes through Student Building" or "Nation Building depends on Student Building".

Further, if the basic necessities of life such as food, clothing, house, medicine etc. are not made available to the people of a nation, the people of one generation only will suffer physically or even die. But if a nation can not make value education or moral, ethical, religious and spiritual education or life-building, character-building and man-making education available to its

people, the people may remain physically alive; achieve great economic development and abundant material prosperity; make vast scientific inventions and great technological advancements; and enjoy huge comforts and enormous luxuries, but morality and ethics; character and humanity; religion and spirituality; patriotism and loyalty to the nation in them will die; the people will get degenerate, there will be downfall, unrest, violence, destruction and loss in the life of the people and in the life of the nation. Thus, the nation will die, its culture will die. The degeneration will also have similar adverse effects on cumulative basis on the people of a nation, generation after generation, and thus, the civilization of a nation will also die.

In view of the above, value education or moral, ethical, religious and spiritual education or life-building, character-building and man-making education is more important, rather most important and most vital, for a nation also.

Ancient Education

In ancient time, educational centres known as *Gurukulas*, *Rishikulas* were imparting to students life-building, character-building and man-making education or moral, ethical, religious and spiritual education, called value education in modern time; and also secular education such as languages, mathematics, economics, political science, social science, medical science, architecture, fine arts, sculpture, weaponry, etc. The purpose of education was life-building, character-building, man-making and self-development.

Consequently, the ancient students could know the right goals and the right path of their life. They were proceeding in that path and were able to build their life rightly by laying a proper and strong foundation of life and by constructing thereupon a complete, proper, strong and nice superstructure of life. They were achieving all-round developments of their physical body, mind, intellect, heart and soul. Overall, they were living an ideal

student life. Further, they were able to build themselves adequately to stand on their own legs and earn their livelihood independently. They were also able to face the challenges and difficulties of real work-a-day life and to keep on proceeding forward optimistically and patiently amidst unfavourable circumstances and adverse situations.

They were also developing themselves as good human beings; and were adhering to righteousness and practising spirituality in their day-to-day life. They were living their precious life in accordance with our Indian Culture or *Bharatiya Sanskruti* and endeavouring to achieve the higher purpose of precious human life i.e. Liberation of the individual Soul from the cycle of births and deaths or Union of the individual Soul with the Supreme Soul or Self-Realisation or God-Realisation or *Moksha*, as stated in our ancient Spiritual Scriptures; and thereby, they were living their rare and precious life with lasting happiness and eternal peace; without worldly sorrows and sufferings. Thus, their future life was ideal, successful, complete, purposeful, prosperous, happy and peaceful.

Modern Education

But in modern time, the ancient system of education was reportedly replaced* by the western system of education by the Britishers during their more than 200 years of rule over our country with ulterior motive to "break the very backbone of our nation, which is our spiritual and cultural heritage" and in order to keep our nation as a "truly dominated" one. Consequently, our schools, colleges and universities teach our students only secular education, that too on western pattern. There is no provision for imparting of life-building, character-building and man-making

*This is very much clear from the following excerpt from the reported speech of Thomas Babington Macaulay delivered by him in the British House of Commons on the 02nd February 1835 when there was British rule in our motherland:-

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"I have travelled the length and breadth of India and I have not seen one person who is a beggar, who is a thief. Such wealth I have seen in this country, such high moral values, people of such caliber that I do not think we would ever conquer this country, unless we break the very backbone of this nation, which is her spiritual and cultural heritage and therefore, I propose that we replace her old and ancient education system, her culture, for if the Indians think that all that is foreign and English is good and great than their own, they will lose their self esteem, their native cultures and they will become what we want them a truly dominated nation."

Mr. Macaulay had also reportedly said "We must do our best to form a class who may be interpreters between us and the millions whom we govern, a class of persons Indian in blood and colour, but English in taste, in opinions, words and intellect."

education or moral, ethical, religious and spiritual education, called value education in modern time.

Consequently, our modern students are deprived of the same. They are not imparted teachings on the right goals and the right path of human life; and on the manner of building their life rightly and living the same successfully. They have become victims of such situation and many of them proceed in the wrong path of life. Consequently, the foundation of their life becomes weak with poor physical health, weak mind, non-observance of celibacy, pitiful/not-so-noble character and undesirable/not-so-ethical conduct. They are unable to achieve all-round development of their physical body, mind, intellect, heart and soul. They are unable to bring out the best in them. Overall, they are not able to live an ideal student life like the ancient students. Further, they are unable to build themselves adequately to stand on their own legs and earn their livelihood independently. They are also unable to face the challenges and difficulties of real work-a-day life and to proceed forward optimistically and patiently amidst unfavourable circumstances and adverse situations. They are also not able to

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develop themselves as good human beings when compared with the ancient students.

Further, they are devoid of knowledge about our great ancient Indian Culture or *Bharatiya Sanskruti*, and about the *parama lakhya* or the supreme goal of human life, *dharma* or religion, *adhyatma* or spirituality. Consequently, they do not adhere to righteousness and moral and ethical values and do not practise spirituality in their life. In stead, they live their future household life in a predominantly materialistic pattern with enormous worldly enjoyments and abundant sensual pleasures. Thereby, their future life is spent in sorrows, sufferings, miseries and failures, without achievement of the higher purpose of human life i.e. Liberation of the individual Soul from the cycle of births and deaths or Union of the individual Soul with the Supreme Soul or Self-Realisation or God-Realisation or *Moksha*. (Achievement of this higher purpose is the supreme grand goal of ideal human life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Achievement of this grand goal alone bestows lasting happiness and eternal peace; and results in permanent cessation of worldly sorrows and sufferings in human life). Thus, our modern students are unable to live an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life. Consequently, they are undergoing catastrophic conditions and are suffering from irreparable damages and incurring permanent losses in their lives.

The adverse effects of the faulty/ deficient modern education system have also been befalling on our elderly persons, our teachers and professors, our family, our society, our culture and our nation.

Necessity for restoration of life-building, character-building and man-making education or

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moral, ethical, religious and spiritual education, called value education in modern time, in the schools, colleges and universities of our country

In this context, it is most important to note here that students can learn how to build their character and how to perform ethical conduct by acquiring moral and ethical education. Also, they can learn how to live religious and spiritual life by acquiring knowledge about *dharmā* or religion and *adhyatma* or spirituality through religious education and spiritual education. But imparting of moral, ethical, religious and spiritual education, which was there in educational centres known as *Gurukulas*, *Rishikulas* in ancient time, has not yet been restored in modern schools, colleges and universities of our country. The reason for the same could be that imparting of such types of education, more particularly religious education, is considered by many in modern time as anti-secular and also violative of the provisions of the Article 28 of the Constitution of India.

In this connection, it is to be noted that all high level Commissions and Committees constituted in our country since independence in 1947 such as the Radhakrishnan Commission (1948-49), Kothari Commission (1964-66), National Policy on Education (1986), Ramamurti Committee (1990), Central Advisory Board of Education (CASE) Committee on Policy (1992), Planning Commission Core Group on Value Orientation of Education (1992), S.B. Chavan Committee (1996-99) have spoken about the necessity of and given their recommendations for restoration of moral, ethical, religious and spiritual education in all schools, colleges and universities of our country.

Further, in W.P.(C) No. 98 of 2002 in the case of Ms. Aruna Roy and Others vrs. Union of India and Others, the Hon'ble Supreme Court of India have also observed that introduction of study of religions (or religious education), as distinguished from religious instructions, in educational

institutions of our country, wholly maintained out of State funds, (a) is not anti-secular and also (b) is not violative of the provisions of the Article 28 of the Constitution of India (which prohibits imparting of religious instructions in any educational institution wholly maintained out of State funds); rather such education is necessary in the life of the children to grow as good human beings and in the life of the people to control their wild animal instincts and achieve spiritual growth and higher goal of human life. (For brief details on these two points, please go through the write-up on "Religious education is not anti-secular and is not violative of the provisions in our Constitution" included in Appendix — 1 of the text book titled "Life Building Science". Students can go through the PDF copy of this text book in the internet archive by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking - <Advance Search>. (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. The said book will be displayed).

Therefore, imparting of moral, ethical, religious and spiritual education, more particularly religious education, in modern schools, colleges and universities of our country is not anti-secular and also is not violative of the provisions of the Article 28 of the Constitution of India. Thus, there is no constitutional/legal obstruction/impediment for imparting of moral, ethical, religious and spiritual education, more particularly, religious education, to our students in modern schools, colleges and universities of our country, which are wholly maintained out of State funds. And there is no constitutional/legal obstruction/impediment at all for imparting of such education to our students in all other modern schools, colleges and universities of our country including the private ones.

In spite of the above, life-building, character-building and man-making education or moral, ethical, religious and spiritual

education, called value education in the modern time, has not yet been restored in modern schools, colleges and universities of our country; and has not yet been included in the study curriculum.

In this connection, it is most worthwhile to note that life-building, character-building and man-making education or moral, ethical, religious and spiritual education is the "soul" of an ideal study curriculum while secular education on various subjects of study is its body. Therefore, life-building, character-building and man-making education or moral, ethical, religious and spiritual education, called value education in the modern time, needs to be restored and included in the present study curriculum and imparted to the students in our modern schools, colleges and universities most urgently and immediately, without further loss of time, in the larger interests of our modern students, as well as our elderly persons, our teachers and professors, our family, our society, our culture and our nation.

Necessity of Study of Spiritual Literature

In this situation and till life-building, character-building and man-making education or moral, ethical, religious and spiritual education, called value education in the modern time, is restored permanently in our modern schools, colleges and universities, our modern students need to study, in their own interest, Spiritual Literature, because the same is the source of moral, ethical, religious and spiritual education. By studying Spiritual Literature, they can learn life-building, character-building and man-making education or moral, ethical, religious and spiritual education or value education; and get necessary guidance in the matter of deciding the right goals of precious human life; knowing the right path of precious human life; building their precious human life rightly by laying a proper and strong foundation and by constructing thereupon a complete, proper, strong and nice superstructure during their golden student life and youth period; and for living the same completely, purposefully, prosperously, happily, peacefully, successfully and ideally.

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What is Spiritual Literature ? We will discuss the same in the next write-up.

(This write-up is a revised, recast and abridged version of the compiler's write-up on "Restoration of Moral, Religious and Spiritual Education" included in the book of compilation "Youth ! Arise, Awake and Adopt the Right Path of Life", published in 2012).

Spiritual Literature — Its great benefits for modern students in life building and successful living

Spiritual Literature

"Spiritual Literature" means standard works like *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali Yoga Sutras*, *Manu Smriti*, *Mahabharata*, *Ramayana*, *Granth Sahib*, *Koran*, *Bible*, *Zend-Avesta* and other Holy Spiritual Scriptures of various religions. "Spiritual Literature" also means the books written by spiritually illumined, God-realised *Rishis*, *Munis*, Saints, Sages and Prophets.

Those standard spiritual literatures are in classical languages such as Sanskrit, Urdu, etc. and therefore, it may not be possible for most of our modern students to study the same as they may not be knowing the said languages. Even if some of them know the said languages and can study those scriptures, the deep, inner, true meaning of the teachings contained in them may not be understood by them.

In such a situation, some of the great, spiritually illumined, God-realised modern Saints and Sages and Prophets, who have studied those standard spiritual scriptures meticulously, understood the teachings contained in them correctly and practised those teachings in their life successfully, have written a good number of books on spiritual subject. In their books, they have explained the teachings contained in the ancient spiritual scriptures and given their own commentaries on the same in simple manner and in widely-read modern languages like English, Hindi, etc. Hence, our modern students can study such books and easily acquire detailed knowledge on various topics on the subject of "Life Building and Successful Living" or, in short, "Life Building Science", such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian culture, religion, spirituality, etc. Thereafter, they can practise the same in their day-to-day life, decide the right goals and the right path of their precious human life; build their precious human life rightly by laying a proper and strong foundation and by constructing

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thereupon a complete, proper, strong and nice superstructure during their golden student life and youth period; and live the same completely, purposefully, prosperously, happily, peacefully, successfully and ideally. Thereby, they will derive immense benefits for themselves.

One such modern Saint is Swami Sivananda Saraswati, the Founder President of the International Divine Life Society, Rishikesh, Uttarakhand, India. He is regarded all over the world as a towering, perfect, spiritually-illuminated, God-realised Saint of the modern time. He has written many books on almost all aspects of human life, commencing from health and hygiene to religion and spirituality. By studying those books our modern students can learn teachings on almost all topics of the subject of "Life Building and Successful Living" or, in short, "Life Building Science" which they require the most. Therefore, our modern students can most profitably study the books written by him.

Now, let us discuss briefly about Swami Sivananda Saraswati and Sivananda Literature.

Swami Sivananda Saraswati

Swami Sivananda Saraswati was born as Kuppuswamy on the 08th September 1887, in the illustrious family of the sage Appayya Dikshitar and several other renowned saints and savants. His mother also belonged to a highly religious family. He had a natural flair for a life devoted to the study and practice of Vedanta.

He had an inborn desire to serve all humanity. His passion for service drew him to the medical career and he became a doctor by profession. He went to Malaya and rendered his medical service to the sick people. In the hospitals in Malaya in which he worked, he spent all his energy and time in relieving human sufferings by serving the sick and the poor, day and night, with a sympathetic heart. This type of selfless service gave him purification of heart and mind, and led him to the spiritual path.

In course of his medical service, his inborn spirit of *vairagya*

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or dispassion came out from within. Then, he gave up the life of ease, comfort and luxury, renounced his lucrative medical career at Malaya in 1923, came back to India, settled down at Rishikesh, Himalayas, obtained *sannyasa diksha* from his Spiritual Preceptor or *Aadhyatmik Guru Paramahansa* Shri Swami Viswananda Saraswati and took to the life of complete renunciation or *sannyasa* life. He practised intense spiritual austerities and prolonged deep meditation; and attained Spiritual illumination or Self-realisation or God-realisation or *Moksha*. He shone as a great Yogi, *Para Bhakta*, Saint, Sage and *Jivanmukta* (One liberated while living). The doctor of the body and mind became the doctor of the soul.

Swami Sivananda Saraswati is a broad-minded, catholic, liberal, world-renowned saint of modern India. He believes in the common Fatherhood of One God and universal brotherhood of all human beings. To him, all human beings, irrespective of their religion, faith, belief, nationality, caste, creed, colour, sect, gender, etc., are equal. Many of his disciples and followers include christians and muslims, apart from hindus. He treats all religions as essentially one. He pays equal respect to all religions; and exhorts that all religions speak the same truth. He also says that the essence of all religions, i.e. universal good qualities like truth, non-violence, purity, love, compassion, forgiveness, tolerance, brotherhood, doing good to others, etc., is one. He worked for unity of religions in the society and the world. He also worked for world peace.

The International Divine Life Society, Rishikesh founded by him is purely a non-sectarian spiritual organisation and anybody who vows to adhere to truth, non-violence and purity can become its member, irrespective of his religion, faith, belief, caste, creed, colour, sect, gender, nationality, etc. Many christians and muslims, apart from hindus, are also its members. The main objective of the said society is dissemination of spiritual and cultural knowledge amongst the people. The purpose of such dissemination is that people can acquire spiritual knowledge and thereafter, they can practise the

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same and transform themselves into "Divinity" by shedding their animal instincts, developing human qualities and unfolding their latent divine faculties. Thus, they can live a noble, ethical and spiritual life and make endeavours to attain Self-realisation or God-realisation or *Moksha*, the state of Divinity, the state of Perfection, which is the Supreme Grand Goal of Ideal Human Life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Thereby, they can derive lasting happiness and eternal peace and there will be permanent cessation of worldly sorrows, sufferings, pains and miseries in their life. Thus, they can live their rare and precious human life upon the earth plane happily, peacefully, successfully and ideally.

After attainment of spiritual illumination, the mission of life of Swami Sivananda Saraswati became dissemination of the spiritual knowledge that he gained during his severe austerities, prolonged meditation and intense spiritual *sadhana* amongst the entire humanity in order to show them the right path of life. With such mission, he commenced his real service to the entire modern mankind. Millions of people across the world, irrespective of their religion, faith, belief, caste, creed, cult, sect, colour, gender, nationality, etc. flocked to Swami Sivananda Saraswati for spiritual guidance, light and solace. Swami Sivananda Saraswati embraced them all and showed them the right path of life.

Sivananda Literature

The intense desire of Swami Sivananda Saraswati to disseminate spiritual knowledge amongst the entire modern mankind and his mission to serve them through such dissemination made him to write more than 300 most valuable books. He wrote those books on all aspects of human life, commencing from health and hygiene to religion and spirituality and for all categories and all classes of people, for their guidance. His books are known as Sivananda Literature, which is regarded as a class by itself. Sivananda Literature is widely

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read through out the world and has earned great eminence all over the world. Sivananda Literature is a many-sided, all-inclusive and comprehensive veritable ocean of most valuable immortal teachings with several unique features. Those teachings are greatly enlightening and immensely beneficial for the entire modern mankind including the modern students and youth. Swami Sivananda Saraswati had special interest for the education, development and welfare of the modern students and youth and therefore, he has written many books specifically for their benefits. Some of his books have been prescribed as text books in some schools and colleges.

Sivananda Literature can eminently meet the requirements of our modern students for the following four broad reasons:-

(A) Firstly, Sivananda literature is vast and rich with teachings on almost all topics on the subject of "Life Building Science" which are most acutely needed by our modern students.

Sivananda literature is vast and rich with right kind of teachings on almost all topics of life-building, character-building and man-making education or the subject of "Life Building and Successful Living" or, in short, "Life Building Science" such as good physical health, powerful mind, noble character (*satcharitra*), ethical conduct (*sadachara*), celibacy (*brahmacharya*), Indian Culture (*Bharatiya Sanskruti*), religion (*dharma*) and spirituality (*adhyatma*), etc. Our modern students need such education the most and that too, very acutely, for building their life rightly, i.e. for laying the foundation of their life properly and strongly and for constructing the superstructure of their life completely, properly, strongly and nicely; and for living their life completely, purposefully, prosperously, happily, peacefully, successfully and ideally. Those teachings contained in Sivananda Literature are very comprehensive and self-contained. Therefore, our modern students can have the opportunity of studying all those teachings and meeting all their requirements on all such topics from a single source.

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(B) Secondly, Sivananda Literature is unique with several special features.

Sivananda Literature is unique with several special features, some of which are stated as under.

(1) Sivananda Literature contains the essence of all spiritual scriptures and religious literatures:-

Most of the spiritual scriptures and religious literatures in their original are said to be archaic and have been written many a time in obscure and allegorical language. Also many such scriptures have been written in the form of verses and *sutras*, without being expounded. Therefore, the real or deep or inner meaning of the teachings contained in those scriptures is not easily comprehensible and is not immediately perceptible to the vast majority of the modern men. Hence, Swami Sivananda Saraswati studied and churned those scriptures and literatures, brought out the most precious essence of the teachings contained in them and presented such essence of the teachings in the books written by him. The common modern mankind can study those books containing such essence, and that too, from one source, with great ease and can understand the teachings contained therein correctly.

(2) Sivananda Literature is practical:-

The teachings of Swami Sivananda Saraswati are not merely academic, theoretical or abstract teachings, but are practical. His writings spotlight the practical aspects of religion and spiritual science. His teachings tell the readers not so much of what they should believe in or what they should merely know, but what they should practically do and how they should practise in their daily life in order to achieve success. Thus, Sivananda literature is ready-made practical instructions for the readers for their direct and instant practice. Therefore, the readers need not go to somewhere else in order to find out the practical instructions for putting them in their spiritual practice or *aadhyatmik sadhana* in their life.

(3) Sivananda Literature is based on his personal experiences and is, therefore, very powerful, forceful and effective:-

The writings of Swami Sivananda Saraswati are based on his own personal experiences. He wrote those teachings only after successfully applying, practising and experiencing the same in his own life. His teachings are charged with the divine power which he derived from his own severe austerity, deep meditation, prolonged spiritual practice or *aadhyatmik sadhana* and God-realisation. Therefore, the writings of Swami Sivananda Saraswati are very powerful, forceful and effective and those directly penetrate into the hearts of the readers.

(4) Sivananda Literature is highly awakening, greatly inspiring, heart-touching, soul-elevating and life-transforming:-

Swami Sivananda Saraswati being a God-realised saint, his writings are a very powerful awakener. Those writings instantly awaken the modern men, students and youth to rise from their slumber and then profoundly inspire them to start living a noble, ethical and spiritual life. His writings are heart-touching, soul-elevating and life-transforming. Reading of a few sentences of his writings is enough to bring about radical change in the life of the readers and transform them, even atheists, into spiritual persons.

(5) Sivananda Literature is scientific and therefore, highly acceptable and greatly appealing to the modern men, students and youth:-

The modern men, more particularly, the modern students and youth, approach all matters in a spirit of investigation and they seek first to know the 'why' and 'how' of things before accepting them. They also always expect tangible results of any practice to be undertaken by them. To such modern men, students and youth, Sivananda Literature, which gives a rationalistic treatment to the

subject and usually explains the subject in a scientific manner, is highly acceptable and greatly appealing.

(6) Sivananda Literature infuses optimism, positivism, enthusiasm, hope, faith, confidence and encouragement in the minds of the modern men, students and youth:-

The writings of Swami Sivananda Saraswati are always positive in their tone. Therefore, Sivananda Literature infuses optimism, positivism, enthusiasm, hope, faith, confidence and encouragement in the minds of the modern men, students and youth. When enthusiasm lacks and faith wavers, the living words of Swami Sivananda Saraswati infuse fresh zeal and revive faith in the hearts of the readers. Further, Swami Sivananda Saraswati always took the positive course of encouraging and infusing new hope and optimism into the minds of the modern men, students and youth; and seldom took condemnatory attitude towards them. Therefore, his literature greatly appeals to the modern men, students and youth and are highly effective in moulding their thoughts and conduct.

(7) Sivananda Literature has been written in the widely-used modern and simple language:-

Swami Sivananda Saraswati has presented his writings to the modern men, students and youth in the widely-used modern language, viz. English. Also, Swami Sivananda Saraswati has written his books in very simple language, in short sentences and without using difficult and complicated words. His writings are also very clear and lucid. Therefore, the vast common modern men, students and youth, even a high school student, can easily read his writings and very well understand their meaning even with a single reading.

(8) Sivananda Literature attaches great importance on practice of spirituality commencing from the student life and youth period itself:-

As the well-wisher of the students and youth, Swami

Sivananda Saraswati exhorts, inspires and encourages modern students and youth to commence practising spirituality, together with their school/ college/ university education, from their student life and youth period itself instead of postponing it to a distant future or to the post-retirement period. Because student life and youth period is the most precious and most conducive period in one's life when one is in best state of health and mind and therefore, they can easily and effectively practise spirituality and thereby, they can derive maximum benefits for themselves.

(C) Thirdly, Sivananda Literature is universal in scope.

Swami Sivananda Saraswati deeply studied the spiritual scriptures of the ancient and modern times; and the scriptural writings of almost all great saints, sages and prophets of all religions of the world, collected the cream of the same and presented them in his books in his own language and in his inimitable style. His writings are thus a beautiful unification and synthetic combination of such diverse teachings. Therefore, the teachings contained in his books are universal in scope. And hence, his teachings are acceptable, appealing and beneficial to all people of the whole world irrespective of their nationality, religion, faith, belief, cult, caste, creed, sect, colour, gender, etc. Millions of people belonging to different nations, religions, faiths, beliefs, sects, creeds, colours, etc. all over the world have studied his books and derived immense benefits.

(D) Fourthly, Sivananda Literature is highly student-friendly.

Swami Sivananda Saraswati had special interest in the modern students and youth. He imparted them teachings regarding good physical health, powerful mind, noble character, ethical conduct, celibacy, personality development, success in life, religion, spirituality, etc. He tried to mould the students through imparting of moral, ethical, religious and spiritual teachings. He spoke to the students not as a Master, but as a friend and well-wisher. He always took the positive

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course of encouraging and infusing new hope and optimism into students and youth; and seldom took condemnatory attitude towards them. Therefore, his teachings are highly appealing to the students and youth. He also addressed the students and youth directly which gives them the feeling of a personal touch and also which creates a feeling of intimacy, sense of interest and ready acceptability of his teachings in their minds. His teachings are in simple language and even a high school student can understand the same well. In view of these, Sivananda Literature is highly student-friendly. Therefore, the teachings of Swami Sivananda Saraswati have been well-received and readily accepted by the modern students and youth. Millions of modern students all over the world have been studying Sivananda Literature and are deriving immense benefits for themselves.

With such vast and rich contents and with so many unique features, Sivananda Literature can eminently meet the requirements of our modern students and guide them for proceeding in the right path of life, and for building their life rightly by laying a proper and strong foundation with good physical health, powerful mind, noble character (*satcharitra*), ethical conduct or good conduct or righteous conduct or virtuous conduct (*sadachara*), with strict observance of complete celibacy (*purna brahmacharya*); for attaining integrated and harmonious development of their physical body, mind, intellect, heart and soul; for developing an excellent personality; for acquiring knowledge on Indian Culture (*Bharatiya Sanskruti*), religion (*dharma*) and spirituality (*adhyatma*); for becoming good human beings; for constructing the superstructure of their life completely, properly, strongly and nicely; for living the religious and noble life; for living the spiritual life for achieving the higher purpose of human life i.e. Liberation of the individual Soul from the cycle of births and deaths or Union of the individual Soul with the Supreme Soul or Self-Realisation or God-Realisation or *Moksha*, which is the Supreme Grand Goal of Ideal Human Life, as stated in our ancient Spiritual Scriptures, and according to our country's great, glorious,

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lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; and thus, for living an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life, both secular and spiritual.

In this connection, the world-renowned saint Swami Krishnananda Saraswati, one of the great disciples of Swami Sivananda Saraswati says "x x x At a time when education in this country has lost much of its meaning by its being devoid of man-making spiritual content, Sivananda Literature comes as a God-sent boon to the student community. No one, perhaps, is better qualified to advise the students and command their love and reverence than Swami Sivananda, because Swamiji speaks not as a Master, but as a friend and well-wisher. Says he: "I speak as your humble Sevak and 'Hitakankshi'. Whatever I say, I say by way of friendship and you have to act upon it after hearing me. Please accept this as a gift and make it your own." Gurudev's gift, not only to youth but to the whole mankind, is his literature, sweet and sublime, vast and luminous — the Divine Literature in commemoration of which the Sivananda Literature Festival is being celebrated today (July 20, 1959) throughout the whole world.

Millions the world over have benefited materially and spiritually through the study of Swamiji's life-transforming works."

The teachings of Swami Sivananda Saraswati from his saintly heart as contained in Sivananda Literature are immortal. Therefore, those are a great blessing not only to the generation in which he lived but also to the generation and generation to come after him. The world-renowned saint Swami Chidananda Saraswati, one of the foremost and great disciples of Swami Sivananda Saraswati, while delivering a talk on His Holy Spiritual Master said "Our daily life should be a response to that call from darkness to Light. And Holy Master, having become illumined with that Light, wished to share it with all mankind, with all his brethren. And this great and intense urge from his great heart manifested itself as 300 books and

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his free distribution of innumerable pamphlets. This sharing was one hundred per cent of his life. It marked his entire being — share! "May all be illumined. May all attain that great peace. May all become blessed. May all become liberated!" That was Holy Master!" He further said, "And through this institution that he established, he continues to do that sublime work. Fortunate indeed is mankind. Blessed are generations that have come after him, for he made his light to shine perpetually. He has made it akhanda jyoti. He has made a permanent, unbroken light, banishing the darkness, illumining the pathway of life of all sincere seekers."

In view of the foregoing, Sivananda Literature can eminently meet the requirements of our modern students on various topics of life-building, character-building and man-making education or the subject of "Life Building and Successful Living" or, in short, "Life Building Science" for ever, generation after generation, and hence, our modern students can most profitably study Sivananda Literature and derive immense benefits in their lives, both secular and spiritual.

A topic-wise list of selected books written by Swami Sivananda Saraswati which can eminently meet the requirements of our modern students on life-building, character-building and man-making education or on various topics of the subject of "Life Building and Successful Living" or, in short, "Life Building Science" is furnished below.

Topic — Good Physical Health:- 1. Yoga Asanas, 2. Science of Pranayam, 3. Health and Diet, 4. Health and Hygiene, 5. Radiant Health through Yoga, 6. Health and Long Life, 7. Health and Happiness, Topic — Powerful Mind:- 8. Thought Power, 9. Mind, Its Mysteries and Control, 10. Conquest of Mind, 11. Concentration and Meditation, Topic — Noble Character:- 12. How to Cultivate Virtues and Eradicate Vices, 13. Universal Moral Lessons, 14. Conquest of Anger, 15. Conquest of Fear, Topic — Ethical Conduct:- 16. Ethical Teachings, 17. Universal Moral Lessons, Topic — Celibacy:- 18. Practice of Brahmacharya, Topic — Insight into

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Human Life:- 19. Know Thyself, 20. Philosophy of Life, Topic — Religion:- 21. All About Hinduism, Topic — Spirituality:- 22. Guru Tattwa, 23. Practice of Karma Yoga, 24. Essence of Bhakti Yoga, 25. Practice of Bhakti Yoga, 26. Japa Yoga, 27. Raja Yoga, 28. Dhyana Yoga, 29. Jnana Yoga, 30. Essence of Vedanta, 31. Practice of Vedanta, 32. Principal Upanishads, 33. Bramhasutras, 34. Srimad Bhagavad Gita, 35. Satsanga and Svadhyaya, 36. Sadhana, Topic — Unity of Religions:- 37. Unity of Religions, Topic — World Peace:- 38. World Peace, Topic — General:- 39. Religious Education, 40. Moral and Spiritual Regeneration in the world, 41. Sure ways for Success in Life and God Realisation, 42. Students Success in Life, 43. Inspiring Stories, 44. Spiritual lessons, 45. Students, Spiritual Literature and Sivananda (Swami Chidananda Saraswati).

The images of the above books have been depicted in the following pages.

Our modern students can also study the spiritual books on various topics of life-building, character-building and man-making education or the subject of “Life Building and Successful Living”, or, in short, “Life Building Science” written by other great, spiritually illumined, God-realised Saints, Sages, *Rishis*, *Munis* and Prophets and acquire necessary knowledge on the said subject.

**Introduction of a New Subject of Study named
"Life Building Science"; and preparation of
Two New Books titled "Life Building Science"
and "Youth ! Arise, Awake and Adopt the
Right Path of Life"; and a New Certificate
Course on "Life Building Science"; for study
by our Modern Students**

The Greatest Need of our Modern Students

Dear Friends ! Life-building, character-building, and man-making education, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and based on our nation's lofty ideals according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, is the "Real education". Such education was imparted to students in the learning centres, known as *Gurukulas* and *Rishikulas*, in ancient India. As a result, our ancient students could know the right goals of their life and the right path of human life. They were able to build their life rightly by laying a proper and strong foundation of their life and by constructing upon the same a complete, proper, strong and nice superstructure of their life. Thereby, they were able to live their long future life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

But presently there is no provision for imparting of such education in our modern schools, colleges and universities. Therefore, our modern students are deprived of the same. Consequently, they are proceeding in darkness and are unable to know the right goals of their precious human life and the right path of human life. They are unable to build their life rightly and also unable to live their long future life ideally and successfully in the above manner. Thereby, they are suffering from irreparable damages and incurring permanent losses in their life. Therefore,

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they need the above education most intensely and urgently. This, in my humble view, is "The Greatest Need of our Modern Students".

Introduction of a New Subject of Study named "Life Building Science"

In such a greatly-needy situation, a new subject of study named "Value Education for Life Building and Successful Living", or, in short, "Life Building Science", on life-building, character-building, and man-making education, has been conceived, designed and prepared for study by our modern students. By studying this newly designed subject, our modern students can learn the right goals of their life and the right path of human life. They can also learn how to build their life rightly by laying a proper and strong foundation of their life and by constructing upon the same a complete, proper, strong and nice superstructure of their life. Thereby, they can live their long future life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

Preparation of Two New Books titled "Life Building Science" and "Youth ! Arise, Awake and Adopt the Right Path of Life" for study by our Modern Students

Two books on the above newly designed subject of "Life Building Science" covering various topics of the said subject have been prepared for study by our modern students.

The first book titled "Life Building Science"

The first book is a Text Book with the title "Life Building Science". Before we discuss about this Text Book, it is most relevant to note here that our modern students use to approach all matters in a spirit of inquiry. They seek to know first the 'why' and 'how' of things before accepting, adopting and practising the same in their life. They also always expect immediate and tangible results of any practice to be undertaken by them. Therefore,

they must be interested to know as to why they should study spiritual literature and also what benefits they will derive by studying the same and practising the teachings contained therein. Keeping this in view, this Text book has been prepared.

This Text Book contains introductory write-ups, with simple meaning, necessity, importance, manner, benefits, source of knowledge, etc., in 24 lessons, on various topics, such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian Culture or *Bharatiya Sanskruti*, economic prosperity, vital worldly desires, righteousness, spiritual illumination, etc., of the said newly designed subject of "Life Building Science". Those write-ups seek to impart introductory knowledge to our modern students on various topics of the said subject. Those write-ups also seek to create necessary inquisitiveness and interest in their minds, and encourage and inspire them to study the second book of compilation "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes), as well as the books on the subject written by other great, spiritually illumined, God-realised Saints, Sages and Prophets, with due earnestness and great interest, in order to acquire detailed knowledge on each topic of the said subject.

The second book titled

"Youth ! Arise, Awake and Adopt the Right Path of Life"

The second book is a Book of compilation with the title "Youth ! Arise, Awake and Adopt the Right Path of Life". This book, in 16 volumes, and with 24 lessons, contains detailed writings of two great, spiritually illumined, God-realised, world renowned Saints of our modern time Swami Sivananda Saraswati and Swami Chidananda Saraswati on the aforesaid various topics of the subject of "Life Building and Successful Living", or, in short, "Life Building Science". Those topics include, amongst others, good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian Culture or *Bharatiya Sanskruti*,

economic prosperity, vital worldly desires, righteousness, spiritual illumination, etc. This book of compilation is a comprehensive, self-contained, all-inclusive and encyclopedic book on the said subject of "Life Building Science". Our modern students can most profitably study this book of compilation and acquire right and detailed knowledge on various topics of the said subject.

On completion of study of the above book of compilation, our modern students may study the topic-wise separate books written by Swami Sivananda Saraswati for acquiring further/ specialised knowledge on various topics of the above subject.

They may also study such books written by other great, spiritually illumined, God-realised Saints, Sages, *Rishis*, *Munis* and Prophets.

Benefits of study of the above two books

By studying the above two books, our modern students can acquire right and comprehensive knowledge on all the above topics of the said newly designed subject of "Life Building Science". Thereby, they can learn the right goals of their precious human life, the right path of human life; and the right manner of building their life with a proper and strong foundation and with a complete, proper, strong and nice superstructure of human life, and the right manner in which they can live their precious long future life ideally, successfully, completely, purposefully, prosperously, happily and peacefully.

After acquiring such knowledge, they need to practise the same in their day-to-day life. Thereby, their life can become ideal and successful, i.e. economically and materially prosperous as well as spiritually happy and peaceful. In this manner, they can derive immense benefits for themselves.

Our modern students can study the soft copies of the above two books, viz. "Life Building Science" and "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes) in the internet archive, free of cost, by (1) accessing internet through any browser,

(2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, the said two books in PDF format will be displayed.

**Introduction of a New Certificate Course on the
aforesaid newly conceived and designed subject of
"Life Building Science"**

Our modern students can also listen to the writings of the aforesaid Text Book "Life Building Science" in the form of lectures of a Certificate Course on the aforesaid newly conceived and designed subject of "Life Building Science" in the Internet Archive, free of cost, by accessing the same in the above manner. (Those lectures, in their original version, were delivered during one 04 Days Students' Awareness Programme on "Value Education for Life Building and Successful Living" organised at IDM Public School, Bolangir, Odisha, India during November 2019).

Author's Last Prayer to Modern Students

Dear Friends ! You have gone through the introductory write-ups contained in this book on the newly designed subject of "Value Education for Life Building and Successful Living", or, in short, "Life Building Science". Thereby, you have acquired introductory knowledge about the said subject. You have also come to know of a number of books written by Spiritual Authors on various topics on the said newly designed subject containing life-building, character-building, and man-making teachings for your study.

Now, we will discuss on three aspects of studying the said books, i.e. (i) the order in which you need to study those books, (ii) how to study those books and (iii) when to study those books.

(i) The order in which you need to study those books

Dear Friends ! First, please study the Text Book "Life Building Science". By studying the same, you will acquire introductory knowledge on the simple meaning, necessity, importance, manner, benefits and source of knowledge regarding various topics on the newly designed subject of "Life Building and Successful Living", or, in short, "Life Building Science". This will also create necessary inquisitiveness and interest in your mind; and encourage and inspire you to study the books written by great, spiritually illumined and God-realised Saints and Sages for acquiring detailed knowledge on each topic of the said subject.

Second, please study the book "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes). By studying the same, you can acquire detailed knowledge on various topics on the above newly designed subject of "Life Building and Successful Living", or, in short, "Life Building Science". Thereby, you can acquire the required knowledge on (i) the right goals of human life, (ii) the right path of human life, (iii) the right manner of building

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your life during your golden student life and youth period by laying the foundation pillars of human life properly and strongly and by constructing the superstructure of human life completely, properly, strongly and nicely, and (iv) the right manner of living the human life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

(The above two books are available in the Internet Archive and our modern students can study the same therein, free of cost. They can open the Internet Archive by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search> (the above book in PDF format will be displayed). In course of time, when the priced publications of the said books are brought out, they can purchase the same from book stores.)

Third, thereafter, you can study the other books written by the Spiritual Author Swami Sivananda Saraswati on various topics on the above newly designed subject of "Life Building and Successful Living" , or, in short, "Life Building Science" in order to acquire further/ specialised knowledge on any such topic. Those books are published by the Divine Life Society, Sivanandanagar, Rishikesh, India. The soft copies of some of those books are available in the Divine Life Society Website (www.dlshq.org and www.sivanandaonline.org) and our modern students can study the same therein, free of cost.

You can also study the books on the said subject written by other great, spiritually illumined and God-realised Saints and Sages.

(ii) How to study those books

Dear Friends ! Please study those books with willingness, patience, faith, interest and encouragement. Please also study the same earnestly, devoutly, sincerely, thoroughly, carefully and

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meticulously. Please study all chapters/lessons, one by one. Please study those chapters/lessons again and again. Repeated study, that too, with high level of receptivity, will enable you to get a clear and correct understanding of the teachings/knowledge contained in those books.

After studying each chapter/lesson of those books, please do *manana* or calm and deep reflection in your mind for some more time on the teachings/knowledge so gained. Such reflection will help you in proper grasping and full absorption of the knowledge in your mind. Please also do *nididhyasana* or composed and deep meditation for some longer time on the teachings/knowledge contained in each chapter/lesson of those books so that you will be able to absorb and assimilate the same in your mind deeply and retain in your memory instantly and for long period.

(iii) When to study those books

Dear Friends ! Please study those books for 20 to 30 minutes every day. Please study the same in the early morning hours, because in the early morning hours, the mind remains calm, quite and fresh and is found to be in a receptive state, concentration of the mind comes easily and whatever is studied is deeply absorbed and easily remembered. And thereafter, you can study the books on your class lessons.

However, you may think that because of the heavy burden of your school/college/university class lessons, you may not find time every day to study those books. But, as the oft-quoted saying "Where there is a will, there is a way" goes, if you so "will", you can find out/earmark 20 to 30 minutes early in the morning every day for studying those books. You can find such time every day (a) by sleeping early in the night and by rising early in the morning, (b) by keeping yourself away from time-wasting activities like excess sleeping, gossiping, indulgence in entertainment activities, excess use of social media, cinema,

television, mobile phone, etc.; and (c) by making "time management" by preparing and sticking to what is called "Daily Routine" by allotting separate time for various day-to-day activities of your life. A Model Daily Routine has been furnished in Lesson No. 21 on "Living of Religious and Ethical Life and Spiritual Life during student life and youth period" of the text book "Life Building Science" for your guidance.

However, in spite of the same, if you can not devote time early in the morning every day for studying those books because of the heavy burden of your school/college/university class lessons, you should study those books for 01 to 02 hours on all Sundays and holidays, in the early morning hours.

Dear Friends ! Thus, please study the aforesaid books, acquire knowledge on various topics on the newly designed subject of "Life Building and Successful Living", or, in short, "Life Building Science" and practise the knowledge so gained in your daily life in your own interest and for your highest welfare and supreme good. Thereby, you can derive immense benefits for yourselves.

Dear Friends ! Before I close, I most humbly, earnestly and fervently pray to you all to please study the next write-up "Concluding Advices to Modern Students" by Shri Swami Sivachidananda Saraswati, Secretary, Sivananda Centenary Boys' School, Bhubaneswar, Odisha, India, which has been included in this book with the kind consent of Shri Swamiji, for your great benefit.

Now I take this opportunity to most humbly, earnestly, heartily and fervently pray to the Almighty Supreme Lord and all *Rishis, Munis*, Saints, Sages and Prophets as well as all Teachers and Professors to bestow Their Choicest Blessings upon you all for achieving crowning success in your above endeavours.

O Adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Existence-Consciousness-Bliss Absolute.
Thou art the Indweller of all beings.

Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy Name be ever on our lips.
Let us abide in Thee for ever and ever.

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Path" of your life and accordingly, you need to "Build Your Life Rightly". If you can build your life rightly during your golden student life and youth period, you can live your future long life ideally and successfully, that is, economically and materially prosperously as well as spiritually happily and peacefully. Hence, you are blessed in that way. Therefore, I address you all as the "Blessed Students".

Blessed Students ! You have gone through the introductory write-ups in this book on the newly designed subject of "Value Education for Life Building and Successful Living". Thereby, you have acquired introductory knowledge about the said subject. You have also come to know about various books written by Spiritual authors to be studied by you in order to acquire detailed knowledge on the said subject. You have also been given guidance regarding (i) the order in which you need to study those books, (ii) how to study those books and (iii) time when to study those books.

Blessed Students ! Now you need to take two necessary steps in this regard.

The first step is, please study those books and acquire necessary knowledge on various topics of the newly designed subject of "Life Building and Successful Living", or in short, "Life Building Science". Study of those books is necessary. Because, if you will not study those books, how can you acquire necessary knowledge on the said subject ? Please, therefore, study those books definitely.

Please study those books with willingness, patience, faith, interest and encouragement. Please also study the same earnestly, devoutly, sincerely, thoroughly, carefully and meticulously. Please understand the teachings contained in those books well, assimilate the same properly and retain the same in your memory deeply for regular practice of the teachings in your daily life.

By studying those books, you will acquire necessary knowledge on the above subject and learn the right goals and

the right path of precious human life; the right period of building of precious human life, the right manner of building the same and the right manner of living the same.

Blessed Students ! The second step is that, after studying the related books and acquiring necessary knowledge on the subject, please practise the knowledge so gained by you. Please decide the right goals of your life. Please commence proceeding in the right path of human life. Please build your precious human life during your golden student life and youth period. Please build the same in the right manner. That means, please lay the foundation of your precious human life properly and strongly with life's four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct. Please strictly observe complete celibacy. And upon such a well-laid foundation, please construct the superstructure of your precious human life completely, properly, strongly and nicely by achievement of life's four great goals, viz. adherence to righteousness, achievement of economic prosperity, fulfillment of vital worldly desires and attainment of spiritual illumination for liberation of soul. These are the four grand goals of human life, as stated in our ancient Spiritual Scriptures, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. These grand goals are known as *dharma*, *artha*, *kama* and *moksha* in our ancient Spiritual Scriptures. By building your precious human life rightly in the said manner, you can live your precious human life ideally, successfully, completely, purposefully, prosperously, worthily, happily and peacefully.

Blessed Students ! Please note that knowledge gained is meant to be practised. If you do not practise the knowledge, it will remain with you as theoretical knowledge only and you can not derive real benefits in your life. Knowledge is primary, but practice is must. Please remember that the whole world can teach and guide you but nobody can practise for you. It is only you

who need to practise. There is no substitute to it. Please, therefore, note to practise the knowledge to be gained by you in your daily life. Please practise the knowledge devoutly, determinedly, sincerely, meticulously, committedly, patiently, regularly and persistently so that you can derive real benefits for yourselves. Please practise, practise and practise. Please never neglect this. This is extremely important for you. This is in your own interest, and for your highest welfare and supreme good. Thereby, you can derive immense benefits in your life. Thus will your life upon this earth plane become ideal, successful, complete, purposeful, prosperous, worthy, happy and peaceful.

Blessed Students ! In this connection, please note another most important point. That is, "Please "DIN", which means "Do It Now" as my Spiritual Master His Holiness Shri Swami Sivananda Saraswati says. That means, please commence study of the books and also practice of the knowledge contained therein today. Because, if you will think that you will study the books tomorrow or practise the knowledge from "tomorrow", that "tomorrow" will never come, and in that case, you will be the greatest loser. But if you study the books "today" and practise the knowledge "today", you will be the greatest beneficiary. Life is short. Time is fleeting. Therefore, please "DIN", "Do It Now", study the books "now", acquire the needed knowledge "now" and practise the knowledge so acquired "now". Thereby, you will derive immense benefits for yourself. This is in your own interest, and for your highest welfare and supreme good.

Now I pray to the Almighty Supreme Lord and all *Rishis*, *Munis*, Saints, Sages, Prophets and Godmen of all nations, religions, faiths and beliefs to bestow Their Choicest Blessings upon you to enable you to endeavour your best in deciding the right goals of your precious life, proceeding in the right path of life, building your life rightly and living the same successfully.

God Bless you all.

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Appendix -1

04 Days Students' Awareness Programme on "Value Education for Life Building and Successful Living"

Dear Students ! By studying this book on the newly designed subject of "Value Education for Life Building and Successful Living", or, in short, "Life Building Science", you have acquired introductory knowledge on the said subject. Now, you might have developed inquisitiveness and interest to know the details, i.e. simple meaning, necessity, importance, manner, benefits, etc., of various topics of the said subject such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian Culture or *Bharatiya Sanskruti*, economic prosperity, vital worldly desires, righteousness, spiritual illumination, etc..

In order to know the details of various topics of the said subject, you may study one newly prepared text book titled "Life Building Science". You can study the PDF copy of this text book in the internet archive by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search> (the said book will be displayed).

You may also listen to the lectures on various topics of the above subject by watching the video-recording of one "04 Days Students' Awareness Programme on Value Education for Life Building and Successful Living", organised at IDM Public School, Bolangir, Odisha, India during November 2019, in the YouTube channel named "Mohan's Value Education". (Link:- [https:// www.youtube.com/channel/UCRKu88g4_ 8o5Oiig WI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).

You may also listen to the lectures on various topics of the above subject in the form of a Certificate Course by watching

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the video-recording of the same in the YouTube channel named "Life Building Science". (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA).

You may also listen to the lectures on various topics of the above subject in the form of a Certificate Course by watching the video-recording of the same in the internet archive by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search> (the above Certificate Course will be displayed).

Appendix -2

**A humble prayer to respected Heads of
Schools, Colleges and Universities
for organising of 01 Day Students' Awareness
Programme, with Exhibition of Books, on the newly
designed subject of "Value Education for Life Building
and Successful Living" for benefits of their students**

Students need to be imparted teachings on, apart from secular subjects, the subject of "Life Building Science" through life-building, character-building and man-making education. In the absence of such education in our modern schools, colleges and universities, which was there in the "*Gurukulas* and *Rishikulas*" in ancient India, our modern students are deprived of the same. Consequently, they are proceeding in darkness and are unable to proceed in the right path of human life. They are unable to decide the right goals of their life. They are unable to lay the foundation of their precious human life properly and strongly with life's four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. They are also unable to build the superstructure of their precious human life completely, properly, strongly and nicely with four grand goals of ideal human life, as stated in our ancient Spiritual Scriptures, and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our country's great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Those four grand goals are achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of soul from the cycle of births and deaths, called Self-realisation or God-realisation or *Moksha*. Consequently, they are unable to live their precious human life successfully, i.e. economically and materially prosperously as well as spiritually

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happily and peacefully. Thus, they are suffering from irreparable damages and incurring permanent losses in their life. Therefore, they need the aforesaid education most intensely and urgently.

In such a greatly-needy and burning situation, I most humbly pray to our respected Heads of Schools, Colleges and Universities to kindly organise every year one 01 Day Students' Awareness Programme on the subject of "Value Education for Life Building and Successful Living", with introductory addresses on various topics included in this book, for benefits of their students. If possible, "Exhibition of Books" on the said subject as enumerated in this book may also kindly be organised during this 01 Day Programme so that their students can have the opportunity to come to know of the books on various topics of the said subject and thereafter, they can study the same, acquire necessary knowledge on the said subject, practise the knowledge and derive immense benefits for themselves.

The above programme seeks to introduce the said subject of "Value Education for Life Building and Successful Living" to our modern students, and also lead, inspire and encourage them to acquire detailed knowledge on various topics of the said subject for their immense benefits. The teachers of the respective schools, colleges and universities can deliver the addresses and conduct this programme themselves. Guest speaker(s) may also be invited to deliver talks during the programme. This programme may be conducted on any working day or on any Sunday or holiday.

Such small efforts of our revered Heads of all Schools, Colleges and Universities of our country will definitely go a long way to dispel darkness and bring light in the lives of their students and also contribute greatly in re-building of our nation. Thereby, I firmly trust and greatly hope that our dear modern students will derive immense benefits in their lives.

Appendix - 3

A humble prayer to respected Heads of Schools, Colleges and Universities for introduction of a Certificate Course on "Life Building Science" for benefits of their students

Life-building, character-building and man-making education, known as value education in modern time, based on our nation's lofty ideals, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, is the "Real Education" and the "Soul" of study curriculum, and therefore, the same must find its proper place in an ideal and complete study curriculum for students. Such education was imparted to students in the learning centres, called *Gurukulas* and *Rishikulas*, in ancient India. But, the same has not been given a place in the present study curriculum for students in modern schools, colleges and universities of our country.

As a result, our modern students are deprived of the said education; and are not able to decide the right goals of precious human life and not able to find the right path of precious human life. Consequently, they are proceeding in darkness and are unable to build their precious human life rightly and live the same successfully. That is, they are unable to lay the foundation of their precious life properly and strongly with life's four foundations, i.e. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. They are also unable to build the superstructure of their precious life completely, properly, strongly and nicely with achievement of four grand goals of ideal human life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our country's great, glorious, lofty, unique and ideal ancient Indian culture or *Bharatiya Sanskruti*. Those

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four grand goals of ideal human life are achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of the individual Soul from the cycle of births and deaths, called Self-realisation or God-realisation. Consequently, they are unable to live their precious human life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully. Thus, they are suffering from irreparable damages and incurring permanent losses in their life.

In view of the above, our modern students need the said education most intensely, urgently and immediately. In fact, they need the said education more than the extant secular education. This is their "Greatest Need of the Hour".

2. In such a greatly-needy and burning situation, one Certificate Course on "Life-building, Character-building and Man-making Education" or on the subject of "Life Building and Successful Living", or, in short, "Life Building Science" has been conceived, designed and prepared for study and benefit of our modern students. This Certificate Course intends to impart our students introductory teachings on the said subject through various lessons on the relevant topics of the subject, viz. good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian Culture, real identity of human beings, true purpose of human beings, economic pursuit, vital pursuit, religious pursuit, spiritual pursuit, spiritual preceptor, yoga and vedanta, spiritual practices, company of saints, study of holy scriptures, divine life, domestic life and spiritual life, living of religious and ethical life and spiritual life during student life and youth period, unity of religions, world peace, one's prescribed duties and duties as good members of the society and as ideal citizens of the nation and of the world, etc.

3. The salient points of the said Certificate Course are as under:-

- (i) The name of the Certificate Course is "Life Building Science",
- (ii) It will be of two years' duration for students of (a) Class VIII and Class IX at high school level, (b) Class XI and Class XII at higher secondary school level, (c) 01st Year and 02nd Year at college level and (d) 01st Year and 02nd Year at post graduate level,
- (iii) Two classes per week, totalling 60/80 classes during the year, may be set aside in the time table and devoted for imparting teachings on the lessons of the Certificate Course to the students. (In this connection, it may be noted that the Committee on Religious and Moral Instruction, popularly known as Sri Prakash Committee, as well as other Committees constituted by our Governments, have recommended for setting aside one/two classes per week in the time table of schools, colleges and universities for imparting of moral and spiritual education to our students),
- (iv) Teachings on the topics named "Goal of Human Life" to "Indian Culture", as contained in the Text Book "Life Building Science" (soft copy of which is available in the internet archive) may be taught in the first year of the Certificate Course in 60/80 classes during the year. Similarly, teachings on the topics named "Real Identity of Human Beings" to "Convocation Address to Ancient Students", as contained in the Text Book "Life Building Science" (soft copy of which is available in the internet archive) may be taught in the second year of the Certificate Course in 60/80 classes during the year. Some classes of the year can be utilised as tutorial/doubt clearing classes and also for holding test exam for the topic(s) taught in the previous class(es),
- (v) The Course will include 24 lessons and other write-ups of the aforesaid Text Book titled "Life Building Science" on various topics on the subject of "Life Building and Successful Living", and this book may be adopted and prescribed as the Text Book of this Course (While copies of this text book may be purchased

from publishers of books, its PDF copy is available in the internet archive which the students can study, free of cost and also can get it printed. Our high schools, colleges and universities can also bring out priced publication of this text book, after obtaining prior written permission from the copy right holder and make the same available to their students.),

(vi) The Course may be introduced formally as part of study-curriculum. (This is permissible. In this connection, kindly go through the paragraph no. 04 below.),

(vii) However, if that is not permitted or not permissible, then this Course may be introduced informally as co-curriculum study or extra-curriculum study and two additional classes per week, preferably in the morning hours, beyond normal study classes, on any day or even on Saturday, Sunday may be taken for imparting teachings on the lessons of this Course to the students,

(viii) Teachings on the lessons of this Course may be imparted to students by the Teachers of the respective schools, colleges and universities from the existing Teachers strength,

(ix) On completion of teachings on all lessons of the Course, an examination may be conducted and the mark obtained by students on this subject also may be taken into account, like other subjects, and the class/ grade of passing the examination by students may be finalised accordingly in case this Certificate Course is introduced as part of study curriculum. However, in case this Certificate Course is introduced as co-curriculum study or extra-curriculum study, then certificate of completion/ certificate of merit may be issued to the participating students,

(x) Also, the matter of giving prizes to the students who will stand first, second, third, etc. in the examination every year, as a matter of encouragement, may be considered so that students will study this subject with interest, encouragement, earnestness and sincerity. In case it is so decided, a Corpus Fund in the name and style of "Life Building Science Corpus Fund" in schools,

colleges and universities, with initial amount of, say, Rs.1,00,000.00, may be considered to be created out of their own school, college and university fund, if available and/or by seeking, inviting and accepting contributions and donations from the well wishers, philanthropists, eminent public personalities, dignitaries, parents, guardians and others. In future, the corpus fund amount may be increased in order to cover more number of students for giving prizes and/or to increase the prize amounts. The corpus fund amount is to be retained in fixed deposit in a Bank/Post Office. The annual interest to be earned from the said fund will be utilised in meeting the cost of the prizes for this purpose,

(xi) Normal studies of students due to introduction of this Certificate Course will not be disturbed or affected.

4. This comprehensive and self-contained Certificate Course includes, as stated above, lessons on "Religious Pursuit" and "Spiritual Pursuit" in connection with "Successful Living". These two lessons can be learnt through religious education and spiritual education. But imparting of such education, particularly religious education, in the schools, colleges and universities of our country is considered by many as anti-secular and also violative of the provisions of the Article 28 of the Constitution of India which prohibits "imparting of religious instructions in any educational institution wholly maintained out of State funds", and therefore, teachings on the same can not be imparted to students in our schools, colleges and universities. But, this is not so. Rather, all high level Commissions and Committees constituted in our country since independence in 1947 such as the Radhakrishnan Commission (1948-49), Kothari Commission (1964-66), National Policy on Education (1986), Ramamurti Committee (1990), Central Advisory Board of Education (CASE) Committee on Policy (1992), Planning Commission Core Group on Value Orientation of Education (1992), S.B.Chavan

Committee (1996-99) have given their recommendations for restoration of moral, ethical, religious and spiritual education in all schools, colleges and universities of our country.

Further, in W.P.(C) No. 98 of 2002 in the case of Ms. Aruna Roy and Others vrs. Union of India and Others, the Hon'ble Supreme Court of India have observed that introduction of study of religions (or religious education), as distinguished from religious instructions, in educational institutions of our country, wholly maintained out of State funds, is not anti-secular and also is not violative of the provisions of the Article 28 of the Constitution of India, rather such education is necessary in the life of the children to grow as good human beings and in the life of the people to control their wild animal instincts and achieve spiritual growth and higher goal of human life.

Therefore, imparting of such education, particularly religious education, as distinguished from imparting of teachings on religious instructions, in the schools, colleges and universities of our country is not anti-secular and also is not violative of the provisions of the Article 28 of the Constitution of India. Thus, there is no constitutional/legal obstruction/impediment for imparting of religious education and spiritual education to our students in the schools, colleges and universities of our country, which are wholly maintained out of State funds. And there is no constitutional/legal obstruction/impediment at all for imparting of such education to our students in all other schools, colleges and universities of our country, including the private ones.

In view of the above, the introductory teachings on the topics on "Religious Pursuit" and "Spiritual Pursuit" as contained in the said Text Book can be taught to students in all schools, colleges and universities of our country without any reluctance/reservation.

5. Further, all introductory writings of the said Text Book contain academic/educational teachings only on the subject of

"Life Building and Successful Living". Also, those writings are universal, non-sectarian and non-dogmatic. Therefore, students belonging to all religions, casts, creeds, sects, gender, etc. without any distinction can study the same. Nevertheless, the Course may be made optional and a student with any sort of reservation may not join the Course or if he joins, he may not attend the class in which any lesson for which he has some reservation is taught.

6. Till the said Text Book titled "Life Building Science", is made available for sale by book publishers, it can be studied by students, free of cost, in the internet archive by searching the same as: (i) access internet through any browser, (ii) log in <archive.org>, (iii) click <Advance Search>. A box of fields will appear on the screen, (iv) type <Mohan Lal Agrawal> in the field "Creator", and (v) click <Search>. The above text book will be displayed).

7. Schools, Colleges and Universities of our nation are the centres of learning where the lives of the students, the future citizens and hopes of our nation, are built. With right kind of education, including "Life-building, Character-building and Man-making Education"; students, the "Makers of the Nation", come out of the schools, colleges and universities with knowledge on the right goals and the right path of precious human life; and the right manner of building their precious human life in the manner as stated above. After acquiring such knowledge, they can practise the same in their day-to-day life and can live their precious human life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully. Simultaneously, they can become the worthy assets to their children and of their families, good members of our society and ideal citizens of our nation as well as of the whole world.

Schools, Colleges and Universities, the centres of learning, have the unique and great opportunity to make provision for

imparting of "Life-building, Character-building and Man-making Education" through moral, ethical, religious and spiritual education, known as value education in the modern time, to their students, who are the "Makers of the Nation". And Schools, Colleges and Universities are the "Makers" of the "Makers of the Nation". Therefore, they have a great responsibility to shoulder and a great role to play in meeting this "Greatest Need of our Students" and the "Greatest Need of our Nation".

Therefore, I, most humbly, earnestly and fervently pray to our respected Heads of Schools, Colleges and Universities of our country to kindly introduce the aforesaid Certificate Course in their respective high schools, colleges and universities, for immense benefits of their students, till life-building, character-building and man-making education is restored permanently in all schools, colleges and universities of our country by our Governments.

Their such little contributions/efforts will definitely go a long way to dispel darkness and bring light in the lives of thousands and crores of the students of our nation and thereby, they can best help our students, our people, our culture, our society and our dear motherland *Bharatavarsha*. Thus, they can play their great role and extend a great help in effectively meeting this **"Greatest Need of our Students"** and the **"Greatest Need of our Nation."**

(Till the above two years Certificate Course on "Life Building Science" is introduced in our high schools, colleges and universities, it may be conducted as a 04/05/06 Days Certificate Course during *dashahara puja* vacation or summer vacation or any other convenient time so that their students will derive great benefits from the same.)

Appendix - 4

A humble prayer to respected Heads of Schools, Colleges and Universities for establishment of a Spiritual Study Centre for benefits of their students

Students need to be imparted teachings on the subject of "Life Building and Successful Living", or, in short, "Life Building Science" through life-building, character-building and man-making education. Such education was there in the centres of learning, called *Gurukulas* and *Rishikulas* in ancient India. But there is no provision for imparting of such education in our modern schools, colleges and universities. As a result, our modern students are deprived of the same, and are not able to decide the right goals of precious human life and not able to find the right path of precious human life. Consequently, they are proceeding in darkness and are unable to build their precious human life rightly and live the same successfully. That is, they are unable to lay the foundation of their precious life properly and strongly with life's four foundations, i.e. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. They are also unable to build the superstructure of their precious life completely, properly, strongly and nicely with achievement of four grand goals of ideal human life, as stated in our ancient spiritual scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our country's great, glorious, lofty, unique and ideal ancient Indian culture or *Bharatiya Sanskruti*. Those four grand goals of ideal human life are achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of the individual Soul from the cycle of births and deaths, called Self-realisation or God-realisation. Consequently, they are unable to live their precious human life

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ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully. Thus, they are incurring permanent losses and suffering from irreparable damages in their life. Therefore, they need the aforesaid education most intensely and urgently.

In such a greatly-needy and burning situation, one "Spiritual Study Centre" at all schools, colleges and universities of our country with books on the subject of "Life Building and Successful Living" written by great, spiritually illumined, God-realised, eminent Saints, Sages and Prophets; as well as Spiritual Scriptures of different religions, may be established so that students can have the facility of studying those books, under the guidance of a Teacher of the schools, colleges and universities, for acquiring detailed knowledge/ further knowledge/ special knowledge on various topics of this subject. In this connection, the books on various topics on the said subject written by one such great, spiritually illumined, God-realised and world-renowned Saint Swami Sivananda Saraswati, the Founder-President of the International Divine Life Society, Rishikesh, India, as under, can eminently meet the present requirements of our modern students and therefore, the said books may be kept in the said centre.

Topic — Good Physical Health:- 1. Yoga Asanas, 2. Science of Pranayam, 3. Health and Diet, 4. Health and Hygiene, 5. Radiant Health through Yoga, 6. Health and Long Life, 7. Health and Happiness, Topic — Powerful Mind:- 8. Thought Power, 9. Mind, Its Mysteries and Control, 10. Conquest of Mind, 11. Concentration and Meditation, Topic — Noble Character:- 12. How to Cultivate Virtues and Eradicate Vices, 13. Universal Moral Lessons, 14. Conquest of Anger, 15. Conquest of Fear, Topic — Ethical Conduct:- 16. Ethical Teachings, 17. Universal Moral Lessons, Topic — Celibacy:- 18. Practice of Brahmacharya, Topic — Insight into Human

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Life:- 19. Know Thyself, 20. Philosophy of Life, Topic — Religion:- 21. All About Hinduism, Topic — Spirituality:- 22. Guru Tattwa, 23. Practice of Karma Yoga, 24. Essence of Bhakti Yoga, 25. Practice of Bhakti Yoga, 26. Japa Yoga, 27. Raja Yoga, 28. Dhyana Yoga, 29. Jnana Yoga, 30. Essence of Vedanta, 31. Practice of Vedanta, 32. Principal Upanishads, 33. Bramhasutras, 34. Srimad Bhagavad Gita, 35. Satsanga and Svadhyaya, 36. Sadhana, Topic — Unity of Religions:- 37. Unity of Religions, Topic — World Peace:- 38. World Peace, Topic — General:- 39. Religious Education, 40. Moral and Spiritual Regeneration in the world, 41. Sure ways for Success in Life and God Realisation, 42. Students Success in Life, 43. Inspiring Stories, 44. Spiritual lessons, 45. Students, Spiritual Literature and Sivananda (Swami Chidananda Saraswati).

Also, the books on various topics of the said subject written by such other Saints, Sages and Prophets may be kept in the said centre for study by our modern students.

The Spiritual Study Centre will be kept open for 02 hours in the morning or evening on every working day or on every Saturday or Sunday so that students can come to the centre and study the books. One Teacher of the school, college, university, either permanently or on rotation basis, may be given charge to open the study centre, issue books to the students and also guide/facilitate them in their study. Books from the Spiritual Study Centre may also be issued to students on lending basis for short period, say, 15 days, so that they can take the books to their homes and study the same at their convenient time.

List of Complete Publications and Videos of the Author

A. Publications

Students related publications

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

Teachers related publications

1. Teaching Profession — Its True Dimensions
2. Teachers' Orientation Programme

Other publications

1. God's Unique Gifts to Modern Mankind — Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

- Access internet through any browser,
- Log in <archive.org>
- Click - <Advance Search>. A box of fields will appear on the screen,
- Type <Mohan Lal Agrawal> in the field "Creator",
- Click <Search>. The above books will be displayed.

B. Videos

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRku88g4_8o5OiigWI0owZQ).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of this book titled "Students' Awareness Programme", is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRku88g4_8o5OiigWI0owZQ).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRku88g4_8o5OiigWI0owZQ).